

FOOT TECHNIQUE SPARRING (to test for 4th Dan)

3 Attacks (Foot Techniques only)

1 or More Counter Attacks (Foot Techniques only)

1. A (Attacker) and D (Defender) come to Attention Stance and bow to each other
2. A and D simultaneously step into Parallel Ready Stance (A steps with right foot, D steps with left foot)
3. D will tell A which techniques and stances to do.
4. A and D will simultaneously step back into L-Stance, executing Middle Guarding Block with Outer Forearm.
5. A will kihap to signal readiness to attack.
6. D will NOT kihap in response, but must be ready to defend, as soon as A signals.
7. A will perform 3 attacks (with D defending, and counter attacking each time). A will defend only against D's *first and second* counter attacks.
8. After the last of the 3 counter attacks by D, A and D simultaneously step **backward** into L-Stance/ Guarding Block and D kihaps.
9. A and D both step simultaneously **forward** into Parallel Ready Stance.
10. A and D switch roles and the new D and new A repeat the sequence of events described above.

*Foot Technique Sparring was created to honor the ancient art of Tech-Yun. The ancient Koreans believed that the hands were to be used for artistic purposes only, so fighting skills involved only kicking. Foot Technique Sparring is pre-arranged, and should demonstrate attacking and defending with the feet only. Use dodging no more than once per routine.

*Candidates for 4th Dan should have at least three routines prepared.

*An acceptable routine may deviate somewhat from this strict sequence, provided it includes comparable content and demonstration technique.

*Multiple counter attacks may be used, however, an ideal counter attack would be one powerful foot technique.

***Foot Technique Sparring is pre-arranged and should be well-practiced.**

Format:

A and D go to Parallel Ready Stance

D will tell A what to do, then A and D step backward to L-Stance, w/ A kihaping.

D does not attack but must be ready to defend as soon as A kihaps.

A attacks

D defends (simultaneous to A's attack)

D counter-attacks

A defends (simultaneous to D's counter-attack)

A attacks

D defends (simultaneous to A's attack)

D counter-attacks

A defends (simultaneous to D's counter-attack)

A attacks

D defends (simultaneous to A's attack)

D counter-attacks

A and D simultaneously step backward to L-Stance/Guarding Block. D kihaps.

A and D simultaneously step forward into Parallel Ready Stance.

ROUTINE 1

| | |
|---|---|
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| A Defend (simultaneous to Counter Attack) | |
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| A Defend (simultaneous to Counter Attack) | |
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| | <p><i>A & D simultaneously step back to L-Stance. D kihaps. A & D simultaneously step forward into Parallel Ready Stance.</i></p> |

ROUTINE 2

| | |
|---|---|
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| A Defend (simultaneous to Counter Attack) | |
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| A Defend (simultaneous to Counter Attack) | |
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| | <p><i>A & D simultaneously step back to L-Stance. D kihaps. A & D simultaneously step forward into Parallel Ready Stance.</i></p> |

ROUTINE 3

| | |
|---|---|
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| A Defend (simultaneous to Counter Attack) | |
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| A Defend (simultaneous to Counter Attack) | |
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| | <p><i>A & D simultaneously step back to L-Stance. D kihaps. A & D simultaneously step forward into Parallel Ready Stance.</i></p> |

ROUTINE 4

| | |
|---|---|
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| A Defend (simultaneous to Counter Attack) | |
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| A Defend (simultaneous to Counter Attack) | |
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| | <p><i>A & D simultaneously step back to L-Stance. D kihaps. A & D simultaneously step forward into Parallel Ready Stance.</i></p> |

ROUTINE 5

| | |
|---|---|
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| A Defend (simultaneous to Counter Attack) | |
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| A Defend (simultaneous to Counter Attack) | |
| A Attack | |
| D Defense (simultaneous to Attack) | |
| D Counter Attack | |
| | <i>A & D simultaneously step back to L-Stance. D kihaps. A & D simultaneously step forward into Parallel Ready Stance.</i> |