

## BEGINNING THREE STEP SPARRING (to test to Low Yellow)

### 1 Counter Attack

1. A (Attacker) and D (Defender) come to Attention and bow to each other
2. D tells A to perform 3 middle Punches
3. A measures, then steps back with right foot into left Walking Stance, executing a left Low Block
4. D simultaneously steps with left foot into Parallel Ready Stance
5. A kihaps to signal readiness to attack
6. D kihaps to signal readiness to defend and to tell A to begin
7. Always begin with the RIGHT foot. A steps forward with right foot, D steps backward with right foot.
8. D blocks all 3 of A's attacks, then performs one counter attack with a kihap (hold 3 seconds).
9. A and D return to Parallel Ready Stance with their RIGHT foot
10. A and D switch roles. The new D and new A repeat

#### General Rules:

1. No contact on attacks/counterattacks. Light contact on blocks.
2. Demonstrate speed, power and control.
3. Demonstrate blocks/attacks to proper target and with proper tool.
4. Don't rush step sparring. This causes sloppiness.
5. Use proper measuring and good stances so as not to hurt your partner or throw off distancing.
6. Step Sparring should be done with a high degree of formality and courtesy.

#### Routine #1

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into left Walking Stance
Type of Attack that Attacker will use (3 times):	middle obverse Punch (right, left then right) <i>(to begin, step forward into right Walking Stance)</i>
Type of Block that Defender will use (3 times):	middle Side Block w/ Inner Forearm (left, right, then left) <i>(to begin, step backward with right foot, into left Walking Stance)</i>
Counter Attack:	middle reverse Punch (right), <u>with kihap</u> <i>(maintain left Walking Stance)</i>

#### Routine #2

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into left Walking Stance
Type of Attack that Attacker will use (3 times):	middle obverse Punch (right, left then right) <i>(to begin, step forward into right Walking Stance)</i>
Type of Block that Defender will use (3 times):	middle Side Block w/ Inner Forearm (left, right, then left) <i>(to begin, step backward with right foot, into left Walking Stance)</i>
Counter Attack:	Move left foot back, next to right foot, then do middle Front Snap Kick (right), <u>with kihap</u>