

ADVANCED THREE STEP SPARRING (to test to Low Green)
3 Counter Attacks (Hand, Foot, Hand or Foot, Hand, Foot)

1. A (Attacker) and D (Defender) come to Attention and bow to each other
2. D tells A which attacks and stances to perform
3. A measures
4. As dictated by D, A will either:
 - a. step back w/ right foot into a left Walking Stance, executing a left (obverse) Low Block w/ Outer Forearm, or
 - b. step back with right foot into right L-Stance, executing left (reverse) Low Block w/ Outer Forearm
5. D simultaneously steps with left foot into Parallel Ready Stance
6. A kihaps to signal readiness to attack
7. D kihaps to signal readiness to defend and to tell A to begin
8. Always begin with the RIGHT foot. A steps forward w/ right foot, D steps backward w/ right foot.
9. If last Counter Attack is a foot technique, D will step down into L-Stance with middle Guarding Block after the kick.
10. At end of routine, A and D return to Parallel Ready Stance with their right foot
11. A and D switch roles. The new D and new A repeat the sequence of steps.

*Memorize stepping rules in yellow book on page 54

General Rules:

1. Select *counter* attacks & blocks required for your next testing (*attacks* should be kept basic).
2. Use correct terms when telling Attacker what to do.
3. Use few words.
4. No contact on attacks/counterattacks (but as close as possible). Light contact on blocks.
5. Demonstrate speed, power, control.
6. Demonstrate blocks/attacks to proper target and with proper tool.
7. Don't rush step sparring. This causes sloppiness.
8. Use proper measuring and good stances so as to not hurt your partner or throw off distancing.
9. Dodging should be used 1 or 2 time per your 5 total routines.
10. All 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 obverse Side Block with Outer Forearm (left, right then DODGE backward to avoid 3 rd attack) <i>(to begin, step back into left Walking Stance. After the dodge, land into a right L-Stance)</i>
First Counter Attack:	middle Skip Side Piercing Kick (left) <i>(from right L-Stance and landing into right L-Stance after the kick)</i>
Second Counter Attack:	middle Outward Strike w/ left Knife-hand <i>(maintaining right L-Stance)</i>
Third Counter Attack:	lead leg High Kick (left) with kihap <i>(set down into right L-Stance with Forearm Guarding Block)</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 Guarding Block w/ Knife-hand (left, right, then left) <i>(to begin, step back w/ right foot into right L-Stance)</i>
First Counter Attack:	middle lead leg Side Thrusting Kick (left) <i>(maintaining right L-Stance)</i>
Second Counter Attack:	high reverse Punch (right), with kihap <i>(pivoting into left Walking Stance)</i>
Third Counter Attack:	step to the left with left foot then rear leg (right), high section Turning Kick, with kihap <i>(set down into left L-Stance with Forearm Guarding Block)</i>

Routine #3

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)	high 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)	high Wedging Block <i>(to begin, step back w/ right foot into left Walking Stance)</i>
First Counter Attack:	Side Strike with Backfist (left) <i>(maintaining left Walking)</i>
Second Counter Attack:	lead leg Side Pushing Kick (left) - <i>really push opponent backward (carefully!)</i>
Third Counter Attack:	Straight Fingertip Thrust (right or left), with kihap <i>(If opponent is far away - step forward into right Walking Stance and do a right fingertip thrust. If opponent is close, do a left fingertip thrust from left Walking Stance)</i>

Routine #4

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)	low Front Snap Kick (right, left then right) <i>(after 1st kick, step forward into right Walking Stance)</i> <i>*after each kick, land into a GOOD Walking Stance before going to the next kick!</i>
Type of Block that Defender will use (3 times)	Low Block w/ Outer Forearm (left, right, then DODGE backward on 3 rd kick) <i>(*dodge quite far, landing in left Walking Stance)</i>
First Counter Attack:	Flying Front Kick (step right, jump left, kick right)
Second Counter Attack:	step down from Flying Front Kick into obverse Punch (right) in right Walking Stance
Third Counter Attack:	step right foot backward next to left foot, then left Back Kick, with kihap <i>(set down into right L-Stance with Forearm Guarding Block)</i>

Routine #5

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into right L-Stance, Low Block with Outer Forearm
Type of Attack that Attacker will use (3 times)	middle reverse Punch (right, left, right) <i>(to begin, step forward with right foot into left L-Stance)</i>
Type of Block that Defender will use (3 times)	Twin Block with Outer Forearms (left, right, DODGE backward, retaining left L-Stance) <i>(to begin, step back w/ right foot into right L-Stance)</i>
First Counter Attack:	lead leg Skip Side Turning Kick (right) <i>(set right foot down at 45° angle into Sitting Stance)</i>
Second Counter Attack:	right low Punch (to lower abdomen)
Third Counter Attack:	left low Front Snap Kick with Instep (to groin), with kihap <i>(set foot down into L-Stance with Forearm Guarding Block)</i>