

## ADVANCED SEMI FREE SPARRING (to test to 1<sup>st</sup> Dan Black Belt)

### 3 Attacks (any tools, hand or foot done spontaneously)

### 3 Counter Attacks (any tools, hand or foot done spontaneously)

1. A (Attacker) and D (Defender) come to Attention 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. Simultaneously, A and D step back into L-Stance, executing Guarding Block
4. A kihaps to signal readiness to attack
5. D does not kihap in response, but must be ready to defend as soon as A kihaps
6. A does spontaneous Attack 1 and D blocks this simultaneously
7. D does spontaneous Counter Attack 1 and A blocks this simultaneously
8. A does spontaneous Attack 2 and D blocks this simultaneously
9. D does spontaneous Counter Attack 2 and A blocks this simultaneously
10. A does spontaneous Attack 3 and D blocks this simultaneously
11. D does spontaneous Counter Attack 3
12. A & D simultaneously step backward into L-stance, Guarding Block, and D kihaps.
13. At end of routine, **A and D** simultaneously step **forward** into Parallel Ready Stance
14. A and D switch roles and the new D and new A repeat the sequence of events above.

\*This is not a pre-arranged exercise. Be able to perform Semi-Free Sparring with anyone at any time, spontaneously and without pre-arranged routines.

\*Attacks/Counter Attacks should include variety, and since Taekwon-do is a kicking art, foot techniques are encouraged

\*Routines should be realistic and should incorporate General Choi's concept of using "one kick, one punch" to end a conflict

#### 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 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.

Format:

A and D go simultaneously to Parallel Ready Stance then backward to L-Stance, w/ A kihaping

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.