

## 2-Step Sparring

When performing 2-Step sparring, the participants face each other and bow. The attacking person then gets their distance by placing the big toe of their right foot beside the middle of their opponents left foot. The attacker then brings their right foot back into parallel ready stance and then back to form a left walking stance and outer forearm block with the left arm. The attacker then performs the attacking techniques as below while the opponent defends and counter attacks.

The other person then gets their distance in the same way and takes their turn to attack. Each side should do each of the attacking and defending sequences unless told otherwise.

Note: Students grading for black belt should only need to get their distance once - at the beginning.

### Number 1

- Attack:** Right walking stance, right obverse middle punch.  
**Defence:** Left walking stance, left inner forearm middle block.  
**Attack:** Left front kick landing in left walking stance.  
**Defence:** Right walking stance, low section X-fist block.  
**Counter** Maintaining a right walking stance, twin vertical punch to cheek bones. Pivot on the left foot, counter-clockwise, into an L-stance while performing an outer forearm guarding block.  
**Attack:**

### Number 2

- Attack:** Left L-stance, right side middle punch.  
**Defence:** Right L-stance, left palm heel middle block.  
**Attack:** Left turning kick, landing in right L-stance.  
**Defence:** Left L-stance, outer forearm low block.  
**Counter** Slide forwards into right L-stance, side-elbow thrust to solar plexus. Pivot on the left foot, counter-clockwise, into an L-stance while performing a middle outer forearm guarding block.  
**Attack:**

### Number 3

- Attack:** Right front kick landing into right walking stance.  
**Defence:** Right walking stance, low section X-fist block.  
**Attack:** Left walking stance, twin vertical punch.  
**Defence:** Left walking stance, outer forearm wedging block.  
**Counter** Grab the back of the opponent's head and pull the body down into a right upward kick with the knee to the solar plexus. Place the right foot on the ground beside the left foot and slide backwards in a left L-stance performing a middle outer forearm guarding block.  
**Attack:**

#### Number 4

- Attack:** Right walking stance, high section right flat fingertip thrust.  
**Defence:** Left walking stance, left knifehand rising block.  
**Attack:** Left middle side kick.  
**Defence:** Left L-stance, right palm heel middle block.  
**Counter** Left front snap kick to the base of the spine (coccyx) landing into left walking stance and twin upset punch to the kidneys. Place the left foot on the ground beside the right foot and slide backwards in a right L-stance performing a middle outer forearm guarding block.  
**Attack:**

#### Number 5

- Attack:** Right middle front snap kick landing into right walking stance.  
**Defence:** Right walking stance, X-fist pressing block.  
**Attack:** Left walking stance, middle obverse punch.  
**Defence:** Pivot on left foot to a 45-degree angle into a right L-stance and outer forearm guarding block.  
**Counter** Right turning kick to the solar plexus landing into a left L-stance and right  
**Attack:** back fist strike to the temple. Pivot on the left foot, counter-clockwise, into an L-stance while performing an outer forearm guarding bock.

#### Number 6

- Attack:** Left L-stance, right side middle punch.  
**Defence:** Right L-stance, left palm heel middle block.  
**Attack:** Left foot to right foot, right high front reverse turning kick.  
**Defence:** Left L-stance, right outer forearm high block.  
**Counter** Jumping up while performing a right knife-hand strike to the back of the  
**Attack:** neck. After landing jump backwards into a left L-stance performing a middle outer forearm guarding block.

#### Number 7

- Attack:** Left L-stance, right knife-hand strike.  
**Defence:** Left L-stance, right knife-hand middle block.  
**Attack:** Left back side kick.  
**Defence:** Right L-stance, left knifehand low block.  
**Counter** Jumping up while performing a left knife-hand strike to the back of the  
**Attack:** neck. After landing jump backwards into a right L-stance performing a middle outer forearm guarding block.