

3-Step Sparring

When performing 3-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 small toe of their opponents left foot. The attacker then brings their right foot back into a left walking stance performing an outer forearm low 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 walking stance, left obverse middle punch.
Defence: Right walking stance, right inner forearm middle block.
Attack: Right walking stance, obverse middle punch.
Defence: Left walking stance, left inner forearm middle block.
Counter Attack: Maintaining a left walking stance, right middle reverse punch.

Number 2

- Attack:** Right walking stance, right obverse middle punch.
Defence: Right walking stance, right inner forearm middle block.
Attack: Left walking stance, left obverse middle punch.
Defence: Left walking stance, left inner forearm middle block.
Attack: Right walking stance, obverse middle punch.
Defence: Right walking stance, right inner forearm middle block.
Counter Attack: Move the left leg to the left diagonal forming a sitting stance, left middle punch to floating ribs.

Number 3

- Attack:** Right walking stance, right obverse middle punch.
Defence: Left L-stance, right knife-hand middle block.
Attack: Left walking stance, left obverse middle punch.
Defence: Right L-stance, left knife-hand middle block.
Attack: Right walking stance, obverse middle punch.
Defence: Left L-stance, right knife-hand middle block.
Counter Attack: Slip the left foot into fixed stance, right knife-hand strike to floating ribs.

Number 4

- Attack:** Right walking stance, right obverse middle punch.
Defence: Left leg moves back into sitting stance, right outer forearm middle block.
Attack: Left walking stance, left obverse middle punch.
Defence: Right leg moves back into sitting stance, left outer forearm middle block.
Attack: Right walking stance, obverse middle punch.
Defence: Left leg moves back into sitting stance, right outer forearm middle block.
Counter Attack: Slide forward into L-stance, right side-elbow thrust to solar plexus.

Number 5

- Attack:** Right walking stance, right obverse middle punch.
Defence: Right L-stance, knife-hand guarding block.
Attack: Left walking stance, left obverse middle punch.
Defence: Left L-stance, knife-hand guarding block.
Attack: Right walking stance, obverse middle punch.
Defence: Move the right leg to the right diagonal at 45 degrees forming a left walking stance, left knife-hand middle block.
Counter Attack: Right knife-hand inward strike to the neck performed simultaneously with the defending knife-hand middle block.

Number 6

- Attack:** Right walking stance, right obverse middle punch.
Defence: Right L-stance, knife-hand guarding block.
Attack: Left walking stance, left obverse middle punch.
Defence: Left L-stance, knife-hand guarding block.
Attack: Right walking stance, obverse middle punch.
Defence: Slide to the right diagonal at 45 degrees forming a right L-stance, knife-hand guarding block.
Counter Attack: Low front snap kick followed a left knife-hand middle block and right knife-hand inward strike to the neck in walking stance. Block and attack are performed simultaneously.

Number 7

Attack: Right walking stance, right obverse middle punch.
Defence: Right L-stance, knife-hand guarding block.
Attack: Left walking stance, left obverse middle punch.
Defence: Left L-stance, knife-hand guarding block.
Attack: Right walking stance, obverse middle punch.
Defence: Slide to the right diagonal at 45 degrees forming a right L-stance, knife-hand guarding block.
Counter Right middle side piercing kick followed a right knife-hand strike to the
Attack: neck in a left L-stance.

Number 8

Attack: Right walking stance, right obverse middle punch.
Defence: Right L-stance, knife-hand guarding block.
Attack: Left walking stance, left obverse middle punch.
Defence: Left L-stance, knife-hand guarding block.
Attack: Right walking stance, obverse middle punch.
Defence: Slide to the right diagonal at 45 degrees forming a left L-stance, knife-hand guarding block.
Counter Left middle side kick followed a left knife-hand strike to the neck in a right
Attack: L-stance.

Number 9

Attack: Right walking stance, right obverse middle punch.
Defence: Right L-stance, knife-hand guarding block.
Attack: Left walking stance, left obverse middle punch.
Defence: Left L-stance, knife-hand guarding block.
Attack: Right walking stance, obverse middle punch.
Defence: Pivot clockwise on left foot to an angle of 45 degrees and slide into a right L-stance, knife-hand guarding block.
Counter Right turning kick to solar plexus followed by a right back fist strike to the
Attack: temple in a left L-stance.