

### THREE STEP SPARRING

When doing Two and Three Step Sparring, step into the correct stances and maintain the proper distance with your sparring partner. If necessary this may require you to adjust your distance by taking shorter or longer steps, or by sliding a foot forward or back to have the proper range.

**Attack Number One:** Attacker puts the left fist on the right ear, steps back with the **right** leg into a front stance and does a low block. Attacker steps forward into a front stance and does a middle punch. The attacker steps forward two more times, punching each time: three steps, three middle punches.

**Defender** puts his arms across his body for a middle block and when the attacker steps forward, steps back with the **right** leg into a front stance and does a middle block outward with the left arm. Defender steps back into a front stance and does a middle block with the right arm. Defender takes a third step back and does a third middle block. Defender counterattacks by stepping forward into a front stance and doing a middle punch with a Kiap.

**Attack Number Two:** Attacker puts the left fist on the right ear, steps back with **right** leg into a front stance and does a low block. Attacker steps forward into a front stance and does a middle punch. The attacker steps forward and does a middle punch. Attacker steps forward and does a middle punch. This is exactly the same attack as Attack Number One.

**Defender** puts his arms across his body for a middle block and when the attacker steps forward, steps back with the **right** leg into a front stance and does a middle block outward with the left arm. Defender steps back into a front stance and does a middle block with the right arm. Defender takes a third step back and does a third middle block. Defender counterattacks by making a Knifehand with his right hand, puts the Knifehand on his right ears and steps forward into a front stance and does a Knifehand inward strike to his partner's neck with a Kiap.

**Attack Number Three:** Attacker puts the left fist on the right ear, steps back with **right** leg into a front stance and does a low block. Attacker steps forward into a front stance and do a high punch. The attacker steps forward and does a second high punch. Attacker steps forward and does a third high punch.

**Defender** puts his left fist on top of his right fist for a high block and when the attacker steps forward, steps back with the **right** leg into a front stance and does a high block with the left arm. Defender steps back into a front stance and does a high block with the right arm. Defender takes a third step back and does a third high block. Defender counterattacks by making a Knifehand with his right hand, puts the Knifehand on his right ears and steps forward into a front stance and does a Knifehand inward strike to his partner's temple with a Kiap.

**Attack Number Four:** Attacker steps back with the **right** leg and does a low block. Attacker steps forward into a front stance and does a middle punch: three steps, three middle punches. This is exactly the same as attack Number One and Two.

**Defender** stands at June – Bi. When Attacker starts forward, Defender raises the left arm for a middle block inward and steps back with the **right** leg into a front stance and does a middle block inward. Raise the right arm, step back and do a middle blocks inward. Step back and do a third and final middle block

inward. Counterattack by stepping forward and doing a middle punch to the floating rib ( lowest rib ) on your partner's body.

**Attack Number Five:** Attacker steps back with the **right** leg and does a low block. Attacker steps forward and does a middle punch: three steps forward and three middle punches. Same attack as Attack Number One.

**Defender** stands at June – Bi. When attacker steps forward, Defender raises his left hand in a Knifehand and steps back with the **right** leg and does a Knifehand block. Three steps back, three Knifehand blocks. After the last block, grab partner's wrist with left hand, raise the right arm for a Forearm Strike (Elbow Strike). Step forward and do a Forearm Strike (Elbow Strike) in front of partner's face. The actual attack could be to the jaw, cheekbone, temple or side of the nose. **DO NOT MAKE CONTACT WITH YOUR PARTNER.**

**Attack Number Six:** Attacker steps back with the **right** leg and does a low block. Attacker steps forward and does a middle punch: three steps forward and do three middle punches. Same attack as Attack Number One.

**Defender** stands at June – Bi. When attacker steps forward, Defender raises his left hand in a Knifehand and steps back with the **right** leg and does a Knifehand block. Three steps back, three Knifehand blocks. After the last block, grab partner's wrist with left hand, raise the right arm for a Forearm Strike (Elbow Strike). Step forward and do a Forearm Strike (Elbow Strike) to partner's Solar Plexus, followed by a Backfist Strike to the temple of your partner. **DO NOT MAKE CONTACT WITH YOUR PARTNER.**

**Attack Number Seven:** Attacker steps back with **right** leg and does a low block. Attacker steps forward and does a middle punch: three steps forward and three middle punches. Same attack as Attack Number One.

**Defender** stands at June – Bi. When attacker steps forward, Defender raises his left hand in a Knifehand and steps back with the **right** leg and does a Knifehand block. Three steps back, three Knifehand blocks. After the last block, lower the Knifehand to the left hip, slide the left foot forward and do a Spearhand Strike to your partner's eye with the left hand. **DO NOT MAKE CONTACT WITH YOUR PARTNER.**

**Attack Number Eight:** Attacker steps back with **right** leg and does a low block. Attacker steps forward and does a middle punch: three steps forward and three middle punches. Same attack as Attack Number One.

**Defender** stands at June – Bi. When attacker steps forward, Defender raises his left hand in a Knifehand and steps back with the **right** leg and does a Knifehand block. Three steps back, three Knifehand Blocks. After the last block, grab partner's wrist with your left hand, step forward past partner's right leg, keeping hold of the wrist, strike to the back of your partner's knee with a Knifehand Strike while pulling on your partner's wrist with the other hand. **DO NOT MAKE CONTACT WITH YOUR PARTNER, ESPECIALLY WITH THE KNIFEHAND. IN A REAL SITUATION, YOU CAN STRIKE THE BACK OF THE KNEE WITH FULL POWER.** Keeping hold of partner's wrist, punch to partner's face with your right fist.

**Attack Number Nine:** Attacker steps back with the **right** leg and does a low block. Attacker steps forward and does a middle punch: three steps forward and three middle punches. Same attack as

Attack Number One.

**Defender** stands at June – Bi. When attacker steps forward, Defender makes a left palm heel putting it on his belt and steps back with his **right** leg and does a palm heel block. Three steps back, three palm heel blocks. After the last palm heel block, grab partner's wrist with the left hand, step forward and do a palm heel strike to the chin. DO NOT MAKE CONTACT WITH YOUR PARTNER.

**Attack Number Ten:** Attacker steps back with **right** leg and does a low block. Attacker steps forward and does a middle punch: three steps forward and does three middle punches. Same attack as Attack Number One.

**Defender** steps back with the **LEFT** leg and does a Knifehand block with the **RIGHT** hand. Three steps back, three Knifehand blocks. After the last block, shift the front foot, right side, forward and into a horse stance, and do a Knifehand strike to partner's kidney. DO NOT MAKE CONTACT TO YOUR PARTNER.