

## **TWO STEP SPARRING. NO LONGER STEP BACK BEFORE ATTACKING. ATTACK FROM JUNE – Bi.**

Attack Number Eleven: Attacker stands at June – Bi, steps forward with the right leg and does a high punch to partner's face, followed by a left reverse front kick to partner's groin.

Defender steps back from June-Bi with the right leg into a front stance and does a left hand Knifehand block to deflect the punch, followed by a crossing low block with the left hand on top. Draw the left hand back to the hip, and do a high punch with the left hand.

Attack Number Twelve: Attacker stands at June – Bi, steps forward with the right leg and does a high punch, followed by a reverse side kick. Rechamber the kick and turn landing the foot so that your back is to your partner. This is an error, but people make mistakes and this allows your partner to take advantage of this mistake.

Defense Number Twelve: Defender steps back into a back stance and does a crossing high block. Slide the front foot back into a cat stance, at the same time put both hands on your right ear for a low block. Block the side kick with a low block. Do a reverse front kick to partner's tailbone. DO NOT MAKE CONTACT WHEN YOU KICK.

Attack Number Thirteen: Attacker stands at June – Bi, steps forward with the right leg and does a high punch, followed by a reverse side kick. Rechamber the kick and turn 180 degrees to the right so you land facing your partner with both arms up in a guard position.

Defender steps back into a back stance and does a high palm heel block to lift the punch. If necessary slide the front foot back, before doing a reverse inside crescent kick, blocking with your foot. Do not kick with full power to partner's leg. Deflect their leg with your foot. Without dropping the leg, do a side kick. Try to kick your partner before they finish their spin.

Attack Number Fourteen: Attacker stands at June – Bi, and does a low front kick with the right leg, aiming at their partner's knee. Attacker lands in a fixed stance and does a high punch toward partner's head.

Defender steps back with the right leg into an L shaped stance and does a low block to stop the kick to the knee. Defender does a reverser side kick under partner's arm as partner does a high punch.

Attack Number Fifteen: Attacker stands at June – Bi, does a right leg side kick to partner's head, drops leg and does a spinning side kick, head high.

Defender steps back with the right leg into a front stance and does a rising block against the high side kick, steps back with the left leg and does another high block. To move forward, Defender brings the back foot up to the front foot, slides the front foot forward into a fixed stance and does a U shaped punch.

Attack Number Sixteen: Attacker stands at June – Bi, steps forward with the right foot into a front stance and does a middle punch. Attacker steps back with the right leg and does another middle punch. Defender steps forward into a front stance with the RIGHT foot and simultaneously does a left Knifehand block and right middle punch. Defender steps across with the front foot into a fixed stance and does an elbow block, followed by bringing the right fist to his head and does a backfist to partner's

temple. If out of range, the Defender may have to slide his front foot forward to reach the Attacker's temple.