

Three Step Sparring

An exercise to help students practise correct movement [establishing correct chambers/stances], distance and timing against real opponents.

Once accurate distancing has been measured between attacker and defender, the attacker starts in parallel stance (*narani chumbi*) and always commences the attack by stepping forward with the right leg in walking stance attacking right-handed, and executing a total of 3 attacks. The defender will initially always step back on the right as well. On the last block, add a simple counter-attack.

No. 1 (Required for White Belts)

Attack: Straight punch on the centre line to low section (aiming at stomach/groin area)

Defence: *stepping back into walking stance and performing outer forearm low block with left arm. Continue to step back and repeat movement, alternating arms, for next 2 punches.*

No. 2 (Required for Yellow Stripes)

Attack: Straight punch on the centre line to mid-section (shoulder height)

Defence: *Stepping back with right leg into walking stance and performing inner forearm middle block with left arm. Continue to step back and repeat movement, alternating arms, for next 2 punches.*

No. 3 (Required for Yellow Belts)

Attack: Straight punch on the centre line to high section (head height)

Defence: *Stepping back into walking stance and performing rising block with left arm. Continue to step back and repeat movement, with alternating arms, for next 2 punches.*

No. 4 (Required for Green Stripes)

Attack: Hooking [haymaker] punch coming from the outside in at high section (head height)

Defence: *Stepping back into walking stance and performing high outer forearm middle block with left arm. Continue to step back and repeat movement, alternating arms, for next 2 punches.*

These are initially assessed from White Belt to Green Stripe but Nos 1 and 2 are then tested again at Green Belt (only Nos 1 and 2) and at Blue Stripe (only Nos 3 and 4) with the expectation of being able to perform these to a much higher standard showing greater accuracy, speed and power.

Balsall Common Taekwondo Club