

# Two Step Sparring

**An exercise to help students practise correct movement, distance and timing against real opponents when faced with different attacks at 2 different heights.**

Once accurate distancing has been measured between attacker and defender, the attacker prepares by stepping back into a right L-stance with forearm guarding block. The first attack always commences with a right-sided attack. The defender always starts from parallel ready stance (Chumbi). Techniques are expected to be performed only on **one** side.

## **No. 1**

**Attack:** *Stepping forward into right walking stance performing a straight punch to high section (head height), then steps forward again executing a mid-section front kick with the left leg.*

**Defence:** *Step back on right leg into walking stance performing a rising block with the left arm, then on the second attack, step back again into walking stance performing and X-fist pressing block. This is then immediately followed by a counter-attack of twin vertical punch to the head (target: eye sockets/cheek bones)*

## **No. 2**

**Attack:** *Stepping forward into right walking stance performing a side punch to mid-section (shoulder height) in a fixed stance, then step forward again, executing a mid-section turning kick with the left leg.*

**Defence:** *Step back on right leg into L-stance performing a palm upward block with the left hand. On the second attack, step back again into a left L-stance performing a waist block with the left arm. This is then immediately followed by a counter-attack of sliding towards the attacker into a right L-stance and performing a twin elbow strike with the right elbow (target: solar plexus).*

## **No. 3**

**Attack:** Stepping forward, perform a right leg mid-section front kick, immediately followed by stepping forward again into walking stance and aiming to execute a double lapel grab or strangle hold.

**Defence:** *Step back on right leg into walking stance performing an X-fist pressing block against the front kick. Step back again in a left walking stance performing a wedging block to counter the lapel grab/strangle hold. This is then immediately followed by a counter-attack of cupping both hands behind attacker's neck and driving a knee strike to groin/stomach area.*

#### **No. 4**

**Attack:** *Stepping forward into right walking stance performing a flat fingertip thrust to high section (head height), then step forward again executing a mid-section side kick with the left leg.*

**Defence:** *Step back on right leg into walking stance performing a knifehand rising block with the left arm. On the second attack, step back again into L-stance, over-rotating to an angle of approximately 270 degrees, and execute a right palm pushing block against the opponent's leg to knock them off-line. This is then immediately followed by a counter-attack of low-section left front kick (target: back of attacker's thigh) followed by twin upset punch to the attacker's rear torso (target: kidneys) in walking stance.*

*These techniques are Introduced at Red Belt but then assessed at 1<sup>st</sup> Degree Black Belt and beyond*