

## 2-Step Sparring

**Charyot:** Face each other and bow

### First Junbi:

*Simultaneously* the defender and attacker step into Parallel Ready Stance, defender steps with left foot

### Instructions:

The defender will tell the attacker what techniques to perform and what stances to use

### Second Junbi:

The attacker will always step back into an L-Stance executing a Middle Guarding Block with the Outer Forearm.

The attacker will Ki-ap to signal ready to attack

The defender will either remain in Parallel Ready Stance or *simultaneously* step back into an L-Stance, Middle Guarding Block with Outer Forearm and Ki-ap

### Attack/Defense:

Beginning 2-Step Sample 1:

First Attack: Low Front Snap Kick

First Defense: Step back into Left Walking Stance – Low obverse Block with the Knife-Hand

Second Attack: Step down into Right Walking Stance – High obverse Front Punch with Forefist

Second Defense: Maintaining Left Walking Stance – Rising Block with Left Outer Forearm

Counterattack: Stepping with the right foot into a Sitting Stance - High Inward Strike with the Right Knife-Hand ***Ki-ap***

Beginning 2-Step Sample 2:

First Attack: Low Front Snap Kick

First Defense: From Parallel Ready Stance Dodge Backwards into Left L-Stance – Forming Guarding Block

Second Attack: Stepping forward into Right Walking Stance – Middle obverse Front Punch with the Right Forefist

Second Defense: Maintaining Left L-Stance - Lead Leg Crescent Kick

First Counterattack: Side Thrusting kick – Setting foot down in Left L-Stance

Intermediate 2-Step Sample 1:

First Attack: Step forward into Right Walking Stance – Downward obverse Strike with the Knife-Hand

First Defense: Step back into Left Walking Stance – obverse Rising Block with Outer Forearm

Second Attack: Step forward into Left Walking Stance – Downward obverse Strike with the Knife-Hand

Second Defense: Step back into Right Walking Stance – obverse Rising Block with Outer Forearm

First Counterattack: High reverse Arc-Hand Strike from Left Walking Stance

Second Counterattack: High Kick lead leg.

Intermediate 2-Step Sample 2:

First Attack: Step forward into Right Walking Stance – Downward obverse Strike with the Knife-Hand

First Defense: Step back into Left Walking Stance – obverse Rising Block with Outer Forearm

Second Attack: Step forward into Left Walking Stance – Downward obverse Strike with the Knife-Hand

Second Defense: Step back into Right Walking Stance – obverse Rising Block with Outer Forearm

First Counterattack: High reverse Arc-Hand Strike from Left Walking Stance

Second Counterattack: High Kick lead leg.

### Counterattack:

\*Ki-ap on last counterattack.

\*If the counterattack is kick first step down into an L-Stance, Middle Guarding Block then **back** to Baro.

### Baro:

Defender steps backward, attacker steps forward *simultaneously* into Parallel Ready Stance.

### Next Routine:

The partners switch roles, and the next routine begins at “Instructions”.