

3-Step Sparring

Charyot:

Bow only if first routine

Instructions:

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

Measure:

Step forward measuring with right foot

Junbi:

After measuring Step back Left Walking Stance, obverse Low Block with Outer Forearm or into a Right L-Stance reverse Low Block with Outer Forearm.

Ki-ap to signal ready to attack

Simultaneously the defender steps with left foot into Parallel Ready Stance

*The Attacker's junbi position is determined by the defender, and depends on what stance the defender wants to be attacked from

Attack/Defense:

Beginning 3-Step Sample:

First Attack: Step forward into Right Walking Stance – Middle obverse Front Punch with Forefist

First Defense: Step back into Left Walking Stance – Middle obverse Side Block with Inner Forearm

Second Attack: Step forward into Left Walking Stance – Middle obverse Front Punch with Forefist

Second Defense: Step back into Right Walking Stance – Middle obverse Side Block with Inner Forearm

Third Attack: Step forward into Right Walking Stance – Middle obverse Front Punch with Forefist

Third Defense: Step back into Left Walking Stance – Middle obverse Side Block with Left Forearm

Counterattack: Execute Middle reverse Front Punch with the Forefist accompanied by a **Ki-ap**

Toes to Middle of Foot



Intermediate 3-Step Sample:

First Attack: Step forward into Right Walking Stance – Low Front Snap Kick

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

Second Attack: Step forward into Left Walking Stance – Low Front Snap Kick

Second Defense: Step back into Right Walking Stance – Low obverse Block with Knife-Hand

Third Attack: Step forward into Right Walking Stance – Low right Front Snap Kick

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

First Counterattack: Middle lead leg Front Snap Kick

Second Counterattack: - Stepping down with kicking leg into Left Walking Stance - High reverse Palm-Heel Strike - **Ki-ap**

Toes to Ball of the Foot



Advanced 3-Step Sample:

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

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

Third Defense: Step back into Left 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.

Third Counterattack: Stepping down with kicking leg into Left Walking Stance - High obverse Outward Knife-Hand Strike **Ki-ap**

Toes to Back Heel



Counterattack:

*Ki-ap on last counterattack.

*If the counterattack is a kick the defender will always first step down into an L-Stance, Middle Guarding Block and then step **back** to Baro

Baro:

Defender and attacker *simultaneously* step forward with right foot into Parallel Ready Stance

*Defender will step back to baro if counterattack was a kick