

Sparring Series

Notes:

All attacks start from a fighting stance.

Each technique should be learned from both right and left sides.

Number 1

Jab, reverse punch, rear leg front snap kick.

Number 2

Rear leg front snap kick, consecutive turning kick, reverse punch.

Number 3

Skip side piercing kick, combination back kick, back fist strike.

Number 4

Jab, fake casting front kick (or casting front kick with the knee), consecutive turning kick, reverse punch.

Number 5

Jab, rear leg turning kick, jab, reverse punch, rear leg turning kick.

Number 6

Jab, back kick, skip side piercing kick, back fist strike.

Number 7

Combination midair jump twist kick & turning kick, spinning back fist strike.

Number 8

Jab, rear leg crescent kick, consecutive side piercing kick.

Number 9

Jab, back reverse turning kick, combination turning kick.

Number 10

Spiral kick, reverse crescent punch.