



WOODBRIDGE TAEKWON-DO INC.

UNDER THE LEADERSHIP OF MASTER CARIATI, 8TH DAN

5732 Highway 7, Unit 1 Woodbridge, Ontario L4L 3A2

Tel: (905) 851-1797 Fax: (416) 679-1466

<http://www.woodbridgetaekwondo.com> - info@woodbridgetaekwondo.com



THREE STEP SPARRING 1 – 10

INDEX	A – Attack	D – Defence	C – Counterattack
-------	------------	-------------	-------------------

Number 1	<p>A.- Start with right walking stance, right middle punch, and move forward three times. D.- Left walking stance with left inner forearm block, and move forwards three times. C.- Right reverse punch – stationary</p>		
Number 2	<p>A.- Start with right low front snap kick and move forward three times, landing in proper walking stance after each kick D.- Left walking stance with left outer forearm low block and move backwards three times. C.- Left low front snap kick.</p>		
Number 3	<p>A.- Left L-stance with right middle punch, and move forward three times. D.- Right L-stance with left inner forearm block and move backwards three times. C.- Slide your left foot in as you withdraw your left arm to your belt, then slide the left foot forward making a proper L-stance and executing a left fingertip thrust to the arm pit.</p>		
Number 4	<p>A.- Right walking stance, with right high punch, move forward three times. D.- Left walking stance, with left high rising block, move backwards three times. C.- Right high punch – Stationary.</p>		
Number 5	<p>A.- Left L-stance, with right knife hand strike, move forward three times. D.- Left L-stance, with knife hand guarding block, move backwards three times. C.- Right middle side piercing kick.</p>		
Number 6	<p>A.- Right high side piercing kick, move forward three times, then as you step your right foot down execute a twin straight forearm block in sitting stance. D.- Left L-stance, with forearm guarding block, and move backwards three times. C.- Left reverse turning kick.</p>		
Number 7	<p>A.- Left L-stance with right punch, and move forward three times. D.- Right L-stance, with left outer forearm inward block, and move backwards three times. C.- Left side piercing kick, then move the left foot to the right (45 o) and right high turning kick to the temple. (Kihap when doing turning kick only)</p>		
Number 8	<p>A.- Right high side piercing kick, move forward three times. D.- Right walking stance, with right outer forearm inward block, move backwards three times. C.- Right jumping side piercing kick.</p>		
Number 9	<p>A.- Right high turning kick, move forward three times. D.- Right L-stance, with knife hand guarding block, move forwards backwards three times. C.- Jumping double turning kick (Kihap only when doing second kick)</p>		
Number 10	<p>A.- Right low front snap kick, move forwards three times. D.- Left walking stance, with X-fist low pressing block, move backwards three times. C.- Jumping double front snap kick with right foot. (Kihap only when doing second kick)</p>		

* The attacker must set his/ her foot down right beside the defender's foot in this order: 1st outside, 2nd inside, 3rd inside