



# WOODBRIDGE TAEKWON-DO INC.

UNDER THE LEADERSHIP OF MASTER CARIATI, 8TH DAN

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## TWO STEP SPARRING 1 – 10

INDEX	A – Attack	D – Defence	C – Counterattack
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<b>Number 1</b>	A.- Right walking stance with right middle punch, left front snap kick D.- Left walking stance with left inner forearm, same stance change to right low outer forearm block C.- Left front snap kick
<b>Number 2</b>	A.- Right front snap kick, left turning kick D.- Left walking stance with X-fist low pressing block, move the left foot to the side (45o) and change to sitting stance while executing a right knife hand high block and left punch <b>NOTE:</b> The left punch is the counterattack. Therefore you must kihap when doing the second part of the movement.
<b>Number 3</b>	A.- Right middle side piercing kick, step the foot down beside the left foot, and left back piercing kick. D.- Left L-stance. Right outer forearm low block, move the left foot to the side (90o) forming a sitting stance outer forearm outward block. C.- Sitting stance, right knife hand strike to the neck
<b>Number 4</b>	A.- Right walking stance punch, left side piercing kick. D.- Sliding back forming a right rear foot stance with forearm guarding block, move the left foot to the side (45o) forming left leg bending ready stance A with forearm guarding block. C.- Right side piercing kick.
<b>Number 5</b>	A.- Right turning kick, as you set the foot down, execute a right knife hand strike in a left L-stance. D.- Left L-stance, right outer forearm inward block, move the left foot backward (Sliding motion) at the same time executing a knife hand guarding block. C.- Right turning kick to the temple.
<b>Number 6</b>	A.- Left L-stance, right knife hand strike, left middle turning kick. D.- Left –stance with knife hand guarding block, move the right foot directly behind the left foot (About shoulder width), then left cresting kick (this is to block the turning kick) C.- Jumping back piercing kick with the right foot
<b>Number 7</b>	A.- Right walking stance fingertip thrust, and left twisting kick. D.- Right walking stance reverse knife hand block, then sliding back forming a right rear foot stance with forearm guarding block. C.- Jumping, making a right X-stance with a back fist strike to the philtrum
<b>Number 8</b>	A.- Left L-stance punch, and left side piercing kick. D.- Left L-stance upward palm block, move the right foot back making a right L-stance with an outer forearm low block C.- Right reverse hooking kick, and left jumping front snap kick (Kihap when doing the jumping front snap kick)
<b>Number 9</b>	A.- Right walking stance with twin vertical punch, and left front snap kick. D.- Left walking stance, high wedging block, move the left foot back making a left L-stance, double forearm low pushing block. C.- Right high piercing kick.
<b>Number 10</b>	A.- Right turning kick, then jumping side piercing kick with the same foot. D.- Left L-stance outer forearm inward block, then sliding back forming a right rear foot stance with forearm guarding block. C.- Jumping turning kick with the right foot.