

ITF Singapore Alliance Ltd Pre-arranged Sparring

3 Step-Sparring Examples

2/1/2017

No.	Attacker		Defender	
	Attacking Tool(s)	Footwork	Attacking tool(s)	Footwork
1	Left forearm low block Right middle punch	Right leg steps back, left walking stance Right leg steps forward, right walking stance	Left inner forearm middle block	Right leg steps back, left walking stance
	Left middle punch	Left leg steps forward, right walking stance	Right inner forearm middle block	Left leg steps back, right walking stance
	Right middle punch	Right leg steps forward, right walking stance	Left inner forearm middle block Right middle punch	Right leg steps back, left walking stance Lift right heel up, punch with sign wave
2	Left forearm low block Right middle punch	Right leg steps back, left walking stance Right leg steps forward, right walking stance	Middle knife hand guarding block	Right leg steps back, right L-stance
	Left middle punch	Left leg steps forward, right walking stance	Middle knife hand guarding block	Left leg steps back, left L-stance
	Right middle punch	Right leg steps forward, right walking stance	Middle knife hand guarding block Right leg turning kick (the leg at the back), followed by middle knife hand side strike to opponent's neck	Right leg steps back, right L-stance Right leg lands in an L-stance.
3	Left forearm low block Right front snap kick, followed by guarding block	Right leg steps back, left walking stance Right leg steps forward, Left L-stance	Left forearm low block	Right leg steps back, left walking stance
	Left front snap kick, followed by guarding block	Left leg steps forward, Right L-stance	Right forearm low block	Left leg steps back, right walking stance
	Right front snap kick, followed by guarding block	Right leg steps forward, Left L-stance	Left forearm low block Right middle punch	Right leg steps back, left walking stance Right leg steps forward into sitting stance, within range of opponent
4	Left forearm low block Right high punch	Right leg steps back, left walking stance Right leg steps forward, right walking stance	Left outer forearm high side block	Right leg steps back, left walking stance
	Left high punch	Left leg steps forward, right walking stance	Right outer forearm high side block	Left leg steps back, right walking stance
	Right high punch	Right leg steps forward, right walking stance	Left outer forearm high side block Left leg lifts up and executes a side-piercing kick, while right leg slides in, followed by a guarding block	Right leg steps back, left walking stance Right leg lands forward in an L-stance.