

# ITF Singapore Alliance Ltd Pre-arranged Sparring

## 2 Step-Sparring Examples

2/1/2017

No.	Attacker		Defender	
	Attacking Tool(s)	Footwork	Blocking / Attacking tool(s)	Footwork
1	Forearm guarding block Right middle punch Left leg front snap kick, belt level Forearm guarding block	Right leg steps back, right L-stance Right leg steps forward, right walking stance  Left leg steps forward, right L-stance	Left inner forearm middle block Right low knifehand block Right leg reverse hooking kick	Right leg steps back, right L-stance Left leg steps back, left L-stance Left leg steps behind right leg, Right leg performs kick and lands in L-stance
2	Forearm guarding block Right front snap kick followed by left reverse middle front punch	Right leg steps back, right L-stance Right leg lands into right walking stance	Forearm low block Left leg side rising kick  followed by knifehand side strike to opponent's ribs	Right leg steps back, left walking stance Left leg lands forward in to a Right L-stance, slide forward if necessary
3	Forearm guarding block Right leg turning kick Left leg back piercing kick	Right leg steps back, right L-stance Left leg lands into a right L-stance	Right forearm inward block Left hand low reverse knifehand inward block Right leg turning kick followed by a right back fist high side strike	Left leg steps back, Left L-stance Right leg steps back, Left walking stance Right leg lands into a Right walking stance
4	Forearm guarding block Right hand middle side punch Left leg high back piercing kick Forearm guarding block	Right leg steps back, right L-stance Right leg steps forward into a left L-stance  Left leg lands into a right L-stance	Right forearm inward block Left hand palm upward block Jumping reverse punch with right hand to the opponent's head	Left leg steps back, Left L-stance Right leg steps back, Right L-stance Land into a forearm guarding block with right L-stance, facing the opponent