

Current Sparring Sets

1. 2 Players facing each other. Step up lead leg side kick, back fist, punch, rear leg round kick, guarding block.

2. 2 Players facing each other. Step up Lead leg hook-round leg, back fist, reverse punch, front punch, step back parallel, Reverse side kick, return guarding block.

3. 2 Players facing each other. Step up lead leg double round kick, back fist, reverse punch, front punch, step back parallel, spin heel kick, guarding block.