Sparring Set Divisions

White Belts Sparring Sets

1. Left Leg out into Middle Stance, double guarding block. Step together (going forward), reach out with your left arm and pull your right hand to your belt, step out into a left front stance with a reverse punch, then step back together and step back into a middle stance double guarding block.

2. Step together, executing a lead leg side kick, landing into a left front stance with reverse punch, then step back together and step back into middle stance double guarding block.

3. Step together, executing a lead leg round kick, landing into a left front stance with reverse punch, then step back together and step back into middle stance double guarding block.

4. Step together, executing a lead leg hook kick, landing into a left front stance with reverse punch, then step back together and step back into middle stance double guarding block.

The competitors will be facing the judges demonstrating the white belt sparring sets. The students will go through the sets twice on each side. Then the judges will declare the winner by pointing to the side they thought did the best.

Sparring Set Divisions

Yellow Belts Sparring Sets

1. Left Leg out into Middle Stance, double guarding block. Step together, executing a lead leg side kick and round kick (without setting leg down), landing into a left front stance with reverse punch, then step back together and step back into middle stance double guarding block.

2. Left Leg out into Middle Stance, double guarding block. Step together, executing a lead leg double round kick (without setting leg down), landing into a left front stance with reverse punch, then step back together and step back into middle stance double guarding block.

3. Left Leg out into Middle Stance, double guarding block. Step together, executing a lead leg hook kick and round kick (without setting leg down), landing into a left front stance with reverse punch, then step back together and step back into middle stance double guarding block.

4. Left Leg out into Middle Stance, double guarding block. Step together, executing a lead leg side kick, landing facing away into Ready stance (Chun bi stance), spin side kick with right leg, then step back together and step back into middle stance double guarding block. (You will be on the right side now.)

The competitors will be facing each other demonstrating the yellow belt sparring sets. The students will go through the sets twice on each side. Then the judges will declare the winner by pointing to the side they thought did the best.