

UKITF 2-step sparring

- 1. Attack:** Right front snap kick landing in a right walking ready stance, step forwards forming a left walking stance ~ twin vertical punch.
- Defence:** Right leg back forming a left walking stance ~ X fist pressing block, step left leg back forming a right walking stance ~ wedging block.
- Counter Attack:** Left upward knee kick holding the opponent's shoulders, land in a right walking ready stance.
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- 2. Attack:** Right front snap kick landing in a right walking ready stance, step forwards forming a left walking stance ~ left high back fist strike.
- Defence:** Left leg back forming a left L stance ~ right low outer forearm block, step right leg back forming a left walking stance ~ high double forearm block.
- Counter Attack:** Left fixed stance ~ left middle punch.
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- 3. Attack:** Step forwards forming a right walking stance ~ right side fist downward strike, left low turning kick landing in a right L stance.
- Defence:** Right leg back forming a left walking stance ~ left rising block, step the left leg back forming a left L stance ~ right waist block.
- Counter Attack:** Keep in a left L stance, right knifehand strike.
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- 4. Attack:** Right high turning kick landing in a left L ready stance, step forward forming a left fixed stance ~ left middle punch.
- Defence:** Right leg back forming a right L stance ~ left high outer forearm block, step the left leg back forming a left L stance ~ right middle inward outer forearm block.
- Counter Attack:** Left middle knee turning kick landing in left L ready stance.
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- 5. Attack:** Step forwards forming a right walking stance ~ right middle punch, left low side piercing kick landing in a right L ready stance.
- Defence:** Left leg back forming a right walking stance ~ right hooking block, step the right leg back forming a right L stance ~ left outer forearm downward block.
- Counter Attack:** Slip the left leg into a left walking stance ~ right high elbow strike.