

5TH GRADE GREEN BELT ONE STEP SPARRING

- 1. RIGHT SIDE KICK
RIGHT JUMP REVERSE INNER CRESCENT KICK (TORNADO KICK)
LEFT REVERSE SIDE KICK
FEET TOGETHER
RIGHT FOOT STEPS BACK TO BACK STANCE, DOUBLE OUTER
FOREARM BLOCK**

- 2. STEP TO THE LEFT AT A 45 DEGREE ANGLE INTO A MIDDLE STANCE
AT THE SAME TIME EXECUTE LEFT PALM HEEL BLOCK
NO STEP, RIGHT MIDDLE PUNCH
NO STEP, LEFT MIDDLE PUNCH
ROTATE HIPS TOWARD THE LEFT, RIGHT KNIFEHAND STRIKE TO
NECK
RIGHT OUTER CRESCENT KICK
RIGHT JUMP SPIN OUTER CRESCENT KICK
LAND IN RIGHT BACK STANCE, DOUBLE OUTER FOREARM BLOCK**

- 3. LEFT FOOT STEPS FORWARD TO BACK STANCE AT SAME TIME
EXECUTE DOUBLE OUTER FOREARM BLOCK
NO STEP, RIGHT REVERSE MIDDLE PUNCH
NO STEP, LEFT HIGH SIDE PUNCH
NO STEP, RIGHT REVERSE RIDGEHAND STRIKE TO TEMPLE
NO STEP, LEFT RIDGEHAND STRIKE TO SIDE OF RIBS
NO STEP, LEFT KNIFEHAND STRIKE TO NECK
LEFT FOOT STEPS BACK AND TURN BODY FOR RIGHT JUMP SIDE
KICK, LANDING DOUBLE STEP BACK TO BACK STANCE, DOUBLE
OUTER FOREARM BLOCK**