

6TH GRADE GREEN BELT ONE STEP SPARRING

1. Step to the left at a 45 degree angle into a middle stance at the same time execute left downward palm block
No step, right high ridgehand strike
Right round kick
Feet together, left spin crescent kick
Feet together, right round kick
Feet together
Left foot steps back to back stance, double outer forearm block

2. Left foot steps forward to back stance at the same time execute left middle punch
No step, right reverse middle punch
No step, Left middle punch
No step, Right reverse high punch
Left foot steps back to right at same time right hand grabs partner's wrist
Right round kick to midsection (then put foot down)
Right front kick under partner's arm (then put foot down)
Right round kick to face (let go of partner's wrist)
Feet together
Left foot steps back to back stance, double outer forearm block

3. Right inner crescent kick block
Left spin side kick
Landing in left front stance, right reverse high punch
No step, left high punch
Step back, then right jump front kick
Landing, double step back to back stance, double outer forearm block