

7TH GRADE ORANGE BELT ONE STEP SPARRING

1. Left side kick
 - Right spinning front kick
 - Land into a right back stance, double outer forearm block
 - Right front-round kick combination
 - Feet together
 - Left foot steps back to back stance, double outer forearm block

2. Right foot steps forward to middle stance, right palm pushing block
 - No step, right elbow strike to midsection
 - No step, right backfist to face
 - Move left foot to make rear stance at the same time execute left back elbow strike to face
 - No step, right back elbow strike to midsection
 - Right foot steps back to back stance, double outer forearm block

3. Right jump front kick
 - Land in a left back stance at the same time execute right backfist to face
 - No step, left reverse middle punch
 - No step, Right high punch
 - Right round kick
 - Feet together
 - Left foot steps back to back stance, double outer forearm block

4. Left outer crescent kick block
 - Right sidekick
 - Feet together
 - Turn counter-clockwise to middle stance and execute a left spinning backfist middle
 - No step, left knifehand strike high
 - Feet together, right round kick
 - Left foot steps back to back stance, double outer forearm block

5. Left side kick
 - Landing forward in back stance, left knifehand strike to neck
 - No step, left hand grabs partner's shoulder and execute a right reverse middle punch
 - Double step back (hopping back) to back stance, double outer forearm block
 - Right turning side kick
 - Feet together
 - Left foot steps back to back stance, double outer forearm block