

1 Time Limit Sparring

Those sparring skills have designed to teach simple Self-defense techniques when the opponent attacks you suddenly. Those skills are composed defenses and attack. We are going to learn how to perform the defense skill and attack skill at the same time with partner.

Ready: When your turn is defense – just keep the ready stance

When your turn is offense – right foot back, front stance, & low block.

Begin: When your turn is defense – perform 1 time limit sparring skills

When your turn is offense – step forward with high punch.

Back to Ready: Defense and offense together.

***** When your opponent punch your face with stepping forward,**

1. Slide right side (do not move left foot) – left hand face block, right hand middle punch; all motions at the same time.
2. Slide right side (do not move left foot) – right hand face block (outside to inside), then same right back fist strike to face right away.
3. Slide right side (do not move left foot) – left knife-hand high block, right knife-hand strike to neck; all motions at the same time.
4. Left foot back to avoid punch, then right foot side kick to chest
5. Slide right side (do not move left foot) – left-hand face block (outside to inside), then spin around (move left foot), left elbow strike to face right away.
6. Right foot back with single left knife-hand face block (in → out) & hold on back stance, then step right foot toward opponent's outside of right foot, then right palm fist strike to neck, then push him down right away.
7. Left foot back with single right knife-hand face block on back stance (out → in), then grab hand and step left foot toward opponent's outside of right foot, then right tiger mouse strike to opponent's under shoulder, then push him down right away lock shoulder.
8. Perform #3, then grab neck, and push him down to your knee, left knee strike to face, then right elbow strike to back.
9. Left foot back to avoid punch, then right reverse-roundhouse kick to face.
10. Right foot back with single left knife-hand high block & hold on back stance, then step right foot under opponent's right hand to lock right shoulder, then kick to face or punch to back neck right away.
11. Perform #5, then hold opponent's Shoulder or hair, then pull him down to ground with sweeping opponent's right ankle by your right foot