

UKITF 3-step sparring syllabus

- 1. Attack:** Walking stance middle section punch.
- Defence:** Right leg back walking stance, middle inner forearm block to the inside three times.
- Counter Attack:** Left walking stance, middle reverse punch
- 2. Attack:** Low front snap kick landing in walking ready stance
- Defence:** Right leg back walking stance, low outer forearm block three times backward.
- Counter Attack:** Left low front snap kick landing in left walking ready stance
- 3. Attack:** Walking stance high section punch.
- Defence:** Right leg back walking stance, high outer forearm block to the inside three times.
- Counter Attack:** Left walking stance high flat fingertip thrust with the right hand
- 4. Attack:** L-stance middle section reverse punch.
- Defence:** Left leg back L-stance middle inner forearm block, to the outside three times.
- Counter Attack:** Right middle turning kick landing in a left L-ready stance.
- 5. Attack:** L-stance middle knife-hand strike.
- Defence:** Left leg back L-stance, middle knife-hand guarding block to the outside three times.
- Counter Attack:** Right low side piercing kick landing in a left L-ready stance