

## Sparring Form Water

### Grading Table

Start at attention facing the grading table



1. These techniques towards the grading table:

Step back into fighting stance

Left hand – Downward block

Right hand – Downward block

Left hand – Jab

Right hand – Reverse punch

Left hand – Turning punch

Right hand – Turning punch

Right leg – Hooking kick, side kick



Left leg – Reverse hooking kick

Right leg – Jumping turning kick

Left leg – Jumping turning kick

Step through, downward block



2. These techniques to the opposite side of the room from the grading table:

DO NOT MOVE RIGHT FOOT

Left leg – Hooking kick, double turning kick (DO NOT PUT FOOT DOWN)



Right leg –  $\frac{3}{4}$  Spinning kick to same target



3. These techniques in this direction to the table from fighting stance:

Shifting front kick

Left hand – Double jab

Right hand – Reverse punch

Left hand – Hooking punch

Right hand – Uppercut

Right leg – Side kick (to same target)



4. These techniques in this direction to the table from fighting stance:

Checking block

Left leg – Shifting side kick

Left leg – Jumping side kick

Right leg – Jumping back kick

Right hand – Double back fist

Left hand – Spinning back fist



Finish at fighting stance

(You can adjust your feet if needed to get a good fighting stance)

