

Sparring Form Air

Grading Table

Start at attention facing the grading table



1. These techniques towards the grading table:

Step back into fighting stance

Left hand – Outward block

Right hand – Outward block

Double Punch

Right leg – Turning kick

Left leg – Back kick

Right leg – Front kick

Left leg – Knee strike



2. These techniques in this direction:

Checking block

Right leg – Side kick

Left leg – Turning kick

Right leg – Spinning Kick

Left leg – Turning kick

Left hand – Back fist

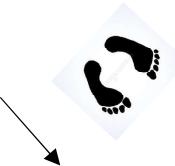
Step through – Checking block



3. These techniques back in the direction you have just come:

Left leg – Shifting side kick

Left leg – Shifting side kick



4. These techniques in this direction:

Right leg – Turning kick

Left leg – Reverse hooking kick

Right leg – Jumping turning kick

Right hand – Back fist



5. Turn and face the way you have just come:

Left hand – Knife hand

Right leg – Back kick

Left leg – Jumping turning kick

Left hand – Back fist

Finish at fighting stance

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

