

Sparring Form Earth

Grading Table

Start at fighting stance facing the grading table



These techniques towards the grading table:

Left hand – Inward block, back fist

Right leg – Front kick

Right hand – Jab

Left hand – Reverse punch

Left leg – Side kick



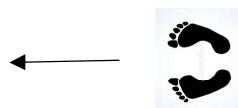
You should now be facing this way, left hand side towards the grading table

These techniques now go in this direction:



Look over right shoulder in the direction of the arrow:

Right leg – Reverse hooking kick (foot finishes in front of you)



Left leg – Jumping turning kick

Left hand – Back fist

Right leg – Back kick

Left leg – Back kick

Turn to your left to finish where you have just kicked, ready at fighting stance.