

Sparring Form Fire

Grading Table

Start at fighting stance facing the grading table



1. These techniques towards the grading table:

Left hand – Grab

Right hand – Step through reverse punch

2. These techniques away from the grading table:



Left hand – Outward block

Bend your knees

Right hand – Double vertical punch

3. These techniques towards the grading table:



Right hand – Inward block

Right hand – Double back fist to head

Bend knees

Right hand – Back fist to body

Left hand – Back fist to head (twist body, do not change stance)

Left leg – Turning kick

4. These techniques in this direction all to same target:



Right leg – Back kick to knee (Controlled)

Right hand – Outward knife hand

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

Double punch

Right leg – Slow side kick to knee, slow side kick to stomach

Right leg – Normal speed side kick to knee, normal side kick to stomach

Turn 180 degrees – Step down all the way – Left hand downward palm block

5. These techniques in this direction all to same target:



Push up without bending front leg

Left leg - Shifting hooking kick

Left leg – Jumping hooking kick

Left hand – Outward knife hand

Right hand – Ridge hand

(SLOW DOWN)

Right leg – Side kick

6. These techniques in this direction all to the same target



Feet in line – Horse stance

Double forearm block

Left hand jab, reverse, jab, reverse, left hand turning punch

Left leg 3 turning kicks (low, medium, high with slight shift)

Right leg – Double spinning kick (Controlled to same target)

Right leg – Reverse hooking kick (controlled)

Step down all the way – Left hand downward palm block

7. Should now be facing this way, all techniques this direction:



Left leg – Axe kick

Right leg – Jumping inward axe kick

Right leg – Spinning inward axe kick

Left leg – Spinning kick (Check balance)

Turn 180 degrees – Step down all the way – Left hand outward palm block

8. Should now be facing this way, all techniques this direction:



Push up with right leg

Left leg – Scissor action turning kick

Turn head 180 degrees



Right hand – Back fist in this direction

Finish at fighting stance

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

