



Pre Arranged Sparring Ich

Kamae: Left Foot Short Stance, Middle Punch

Section A

- Short stance, Upper punch
- Short stance, Upper block
- Deep lunging, Middle punch
- Deep lunging, Middle block
- Lower stance, Lower punch
- Lower stance, Lower block

Section B

- Short stance, Upper punch
- Short stance, Upper block, Middle punch
- Deep lunging, Middle punch
- Deep lunging, Middle block, Upper punch
- Lower stance, Lower punch
- Lower stance, Lower block, Lower punch

Section C

- Short stance, Upper punch
- Deep lunging, Middle punch
- Lower stance, Lower punch
- Kamae
- Short stance, Upper block
- Deep lunging, Middle block
- Lower stance, Lower block, Recoil punch

Section D

- Short stance, Upper punch
- Deep lunging, Middle punch
- Lower stance, Lower punch
- Kamae
- Short stance, Upper block, Middle punch
- Deep lunging, Middle block, Upper punch
- Lower stance, Lower block, Lower punch