



Pre Arranged Sparring Ni

Kamae: Left Foot Short Stance, Middle Punch

Section 1.1

- Short Stance, Upper Punch, Middle Block, Upper Punch
- Short Stance, Upper Block, Middle Punch
- Deep-Lunging Stance, Middle Punch, Upper Block, Middle Punch
- Deep-Lunging Stance, Middle Block, Upper Punch
- Lower Stance, Lower Punch, Lower Block, Lower Punch (rotating)

Section 1.2

- Short Stance, Upper Punch, Middle Block, Upper Punch
- Deep-Lunging Stance, Middle Punch, Upper Block, Middle Punch
- Lower Stance, Lower Punch, Lower Block, Lower Punch (rotating)
- Short Stance, Upper Block, Middle Punch
- Deep-Lunging Stance, Middle Block, Upper Punch
- Lower Stance, Lower Block, Lower Punch (rotating)

Kamae: Left Foot Short Stance, Kumitae no Kamae

Section 2.1

- Front Kick, Short Stance
- Evade into Short Stance
- Front Kick, Deep-Lunging Stance
- Evade into Deep-Lunging Stance
- Roundhouse Kick, Lower Stance
- Evade into Lower Stance

Section 2.2

- Front Kick, Short Stance
- Evade into Short Stance, Front Kick Counter
- Front Kick, Deep-Lunging Stance
- Evade into Deep-Lunging Stance, Front Kick Counter
- Roundhouse Kick, Lower Stance
- Evade into Lower Stance, Roundhouse Kick Counter

Notes: When attacking you are stepping into your stances moving forward,



Pre Arranged Sparring Ni

Section 2.3

- Front Kick, Short Stance
- Front Kick, Deep-Lunging Stance
- Roundhouse Kick, Lower Stance
- Evade into Short Stance
- Evade into Deep-Lunging Stance
- Evade into Lower Stance, Counter Roundhouse Kick

Section 2.4

- Front Kick, Short Stance
- Front Kick, Deep-Lunging Stance
- Roundhouse Kick, Lower Stance
- Evade into Short Stance, Counter Front Kick
- Evade into Deep-Lunging Stance, Counter Front Kick
- Evade into Lower Stance, Counter Roundhouse Kick

Notes: When attacking you are stepping into your stances moving forward, when blocking or evading you would be stepping backwards.