



Pre Arranged Sparring San

Kamae: Left Cat-Stance, Kumite no Kamae

	Attacking		Defending	
1L	Step Forward to Left Short Stance	Left Upper Punch	Step Backward into Left Short Stance	Upper Block, Recoil Punch (left)
R	Step Forward to Right Short Stance	Right Upper Punch)	Step Backward into Right Short Stance	Upper Block, Recoil Punch (right)
2L	Step Forward to Left Deep Lunging Stance	Left Middle Punch	Step Backward into Left Deep Lunging Stance	Shuto Uke, Recoil Punch (left)
R	Step Forward to Right Deep Lunging Stance	Right Middle Punch	Step Backward into Right Deep Lunging Stance	Shuto Uke, Recoil Punch (right)
3L	Step Forward to Left Lower Stance	Left Lower Punch	Step Backward into Left Lower Stance	Lower Block, Recoil Punch (left)
R	Step Forward to Right Lower Stance	Right Lower Punch	Step Backward into Right Lower Stance	Lower Block, Recoil Punch (right)
4L	Left Front Kick forward into Left Deep-Lunging		Step Backward into left Deep Lunging Stance	Lower Block, Backfist (left)
R	Right Front Kick forward into Right Deep Lunging Stance		Step Backward into Deep Lunging Stance	Lower Block, Backfist (right)
5L	Step Forward into Left Deep Lunging Stance	Left Middle Punch	Step Backward into left Cat-Stance	Kakae-Grab, Front Kick (left)
R	Step Forward into Right Deep Lunging Stance	Right Middle Punch	Step Backward into right Cat-Stance	Kakae-Grab, Front Kick (right)