



Dragons Sparring Attendance - Juniors

The very nature of our sport requires us to be extremely fit, skilled and confident. The sparring attendance requirement is designed to ensure that you or your child can perform to the level required to be competitive at tournaments.

Dragon's sparring competitors are required to attend at least $\frac{3}{4}$'s of the Wednesday training sessions if they wish to compete at any given tournament.

Sparring Drills

Offensive:

- 1, Roundhouse off the back foot
 - 2, R/H off the back, R/H off the back
 - 3, R/H off the back, R/H off the front to the head
 - 4, R/H off the back, double off the back
 - 5, R/H off the back, double off the front
 - 6, R/H off the back, spinning round, back kick
-
- 1, Running R/H
 - 2, Running R/H, R/H off the back
 - 3, Running R/H, R/H off the front to the head
 - 4, Running R/H, double off the back
 - 5, Running R/H, double off the front
 - 6, Running R/H, spinning round, back kick



Defensive: as the opponent steps in

- 1, Back foot round to body
 - 2, Back foot round to body, front foot to head
 - 3, Slide back, double off the back
 - 4, Axe kick off the back
 - 4, Jumping back kick
 - 5, Jumping back kick, double off the back
 - 6, Continuous roundhouse backwards
-
- 1, Front foot round to body
 - 2, Front foot round to body, front foot to head
 - 3, Step back, double off the front
 - 4, Axe kick off the front
 - 5, Jumping back kick, double off the front
 - 6, Continuous roundhouse forwards

Sideways Scenarios

Attack: Axe of the front or back foot
Defence: Sideways movement to the open side, counter

Sparring Scenarios

From both open and closed stance

Attack:	Any kick off the back foot	Defence:	Any kick off the back foot
Attack:	Any kick off the front foot	Defence:	Any kick off the front foot
Attack:	Any kick off the back foot	Defence:	Any kick off the front foot
Attack:	Any kick off the front foot	Defence:	Any kick off the back foot

Pressure up game

Taekwondo Tennis