

# One Step Sparring

Name \_\_\_\_\_

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## Body Punch

Move	Block		
Counter	Counter	Counter	Counter
Counter	Counter	Counter	Counter

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## Face Punch

Move	Block		
Counter	Counter	Counter	Counter
Counter	Counter	Counter	Counter

---

## Front Kick

Move	Block		
Counter	Counter	Counter	Counter
Counter	Counter	Counter	Counter

---

## Roundhouse Kick

Move	Block		
Counter	Counter	Counter	Counter
Counter	Counter	Counter	Counter

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Blue 2 Stripe = 1 Counter

Blue 3 Stripe = 2 Counters

Red Belt = 3 Counters

Red 2 Stripe = 4 Counters

Red 3 Stripe, Cho Dan Bo, = 7 Counters

# Two Step Sparring

Name \_\_\_\_\_

For higher Dan gradings  
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## 1, Body Punch

Move \_\_\_\_\_

Block \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

## Body Punch

Move \_\_\_\_\_

Block \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

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## 2, Face Punch

Move \_\_\_\_\_

Block \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

## Face Punch

Move \_\_\_\_\_

Block \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

Counter \_\_\_\_\_

### 3, Front Kick

Move

Block

Counter

Counter

Counter

Counter

Counter

### Front Kick

Move

Block

Counter

Counter

Counter

Counter

Counter

### 4, Roundhouse

Move

Block

Counter

Counter

Counter

Counter

Counter

### Roundhouse

Move

Block

Counter

Counter

Counter

Counter

Counter

### 5, Side Kick

Move

Block

Counter

Counter

Counter

Counter

Counter

### Side Kick

Move

Block

Counter

Counter

Counter

Counter

Counter