

United Tae Kwon Do  
Pelham, New Hampshire

## Three Step Sparring

Both **Attacker** and **Defender** begin facing each other in a parallel ready stance.

**Attacker:** Step back with right foot into a left forward stance with left low section block while chambering right fist (palm upward) at right side, chest level and yells.

**Defender:** From parallel ready stance, yells in return to acknowledge readiness.

**Attacker:** Extends left arm with left fist (palm downward) and chambers right fist (palm upward) at chest level on right side, then steps into a right forward stance with right high section punch and chambers left fist (palm upward) at chest level on the left side upon landing. At the completion of **Defender's** first block, the attacker steps forward with the left foot into a left forward stance with left high section punch and chambers right fist (palm upward) at chest level on right side upon landing. At the completion of the **Defender's** second block the **Attacker** steps forward with right foot into a right forward stance with right high section punch and chambers left fist (palm upward) at chest level on left side upon landing.

The **Attacker** will repeat this sequence for all Three Step Sparring.

**Defender:** Will execute three different blocks. They are:

Block #1: Step back with right foot into a left forward stance, right hand closed (palm downward), under left hand open (palm upward). Upon landing, execute left high section outward outer knife hand block with right fist chambered (palm upward) at chest level on right side.

Block #2: Step back with left foot into a left back stance, left fist (palm downward) pointing to **Attacker**, right fist pointing to ceiling, elbow at 90 degree angle, palm toward **Attacker**. Upon landing execute right, inward outer forearm block with left fist chambered (palm upward) at chest level on left side.

Block #3: Step back with left foot into a right forward stance, left hand closed (palm downward), under right hand open (palm upward). Upon landing execute right knife hand hooking block, with left hand chambered (palm upward) on left side.

For all Three Step Sparring, second punch is defended with the exact opposite block as above. The third punch is counter attacked or blocked and counter attacked. All descriptions will be from after the second punch.

## Three Step Sparring

### Defense

- 1) #1 Block: Right step back in to left forward stance, right fist (palm upward) under left knife hand (palm upward). Upon landing execute left outward, outer knife hand block (Block #1) with right high section punch to philtrum.
- 2) #2 Block: Left step half way back to meet right foot, grab **Attacker's** right hand with left hand. Step toward **Attacker** with right foot in to a left back stance. Upon landing execute right elbow strike to **Attacker's** right armpit while pulling with left hand.
- 3) #3 Block: Left step back into right forward stance with right knife hand hooking block (Block #3). Grab **Attacker's** right wrist with right hand, twist and place above belt, exposing elbow. Step forward with left foot and place on left of **Attacker's** right foot (to sweep if necessary). Place left forearm on **Attacker's** right elbow, executing pressure until tap out.
- 4) #1 Block: Step with left foot back and towards right to avoid third punch. Execute right high or mid section front snap kick with both fists chambered in front at chest level.
- 5) #2 Block: Left foot half step back to meet right foot. Chamber hands at each side at chest level, left fist (palm upward), right fist (palm downward). Step into left forward stance with mid section, left elbow strike while turning (palm downward), attack is with the tip of the elbow. Spin into right mid section elbow attack while turning (palm upward), with left foot in back, balance on toes, right foot is at a 90 degree angle. Thighs are locked together at the knees with slight bend to both knees.

- 6) #3 Block: Step back with left foot in to a right forward stance. Simultaneously, right knife hand hooking block (Block #3), re-chambering left fist at chest level (palm upward). Grab wrist with right hand, twist and pull **Attacker** off balance while executing left high section punch.
  
- 7) #1 Block: Right foot half step back to left ankle without stepping down while executing left outward outer knife hand block (Block #1). Chamber right fist (palm downward), stepping forward with right foot into right walking stance while executing right mid section upset punch, turning palm upward.
  
- 8) #1 Block: Right foot half step back to left ankle without stepping down while executing left outward outer knife hand block (Block #1). Chamber right fist (palm upward), step in with right foot into right walking stance while executing right high section elbow side strike, turning palm downward.
  
- 9) #1 Block: Step out and to the right side with right foot avoiding punch, chamber both fists in front at chest level, execute left high or mid section side thrust kick.
  
- 10) #3 Block: Step right foot behind left avoiding punch. Move left foot over to form horseback riding stance, while placing left hand on **Attacker's** right arm above the elbow. Execute small shove with left hand and follow with right and left high section punches to temple.
  
- 10 alt) #3 Block: Step right foot behind left avoiding punch. Move left foot over to form horseback riding stance. While grabbing **Attacker's** right tricep with left hand, execute right high section punch to temple.