

## Step Sparring (스파링 단계) Guide

#1 Step to the outside  
Knife hand block  
Roundhouse to body  
Knife hand to neck  
Grab collar, Sweep

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#2 Step to inside  
Knife hand block, Grab wrist  
Palm heel to nose  
Tiger mouth to throat  
Middle punch  
Low palm heel to groin  
Ax kick sweep

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#3 Inside block  
3 punches  
Step behind  
Ear slap  
Sweep

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#4 Roundhouse  
Ax kick, Same leg

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#5 Roundhouse  
Ax kick, Different leg

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#6 Catch arm  
Spinning elbow strike to the back  
of the head  
Sweep  
Punch to the face

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#7 Step to inside  
Knife Hand Block  
Ridge hand strike to temple  
Grab ankle, Sweep

#8 Crescent Kick  
Turning Back kick, (Either leg)

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#9 Step to inside  
Palm Heel to nose  
Elbow to face  
Grab head  
Knee to groin  
Throw

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#10 Step to inside  
Palm heel to nose  
Elbow to ribs  
Other elbow to ribs  
Sweep

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#11 Roundhouse  
Jump sidekick to the back

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#12 Step to inside and block  
Palm to nose  
Elbow to ribs  
Other elbow to ribs  
Break elbow over shoulder  
Let go of arm  
Grab leg and pull  
Stomp groin

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#13 Step to the inside and block  
Palm heel to nose  
Grab behind head  
3 knees  
Push head down and throw

#14 Catch arm  
Pull  
Change directions  
Take down

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#15 Step to inside or outside  
Catch arm  
Strikes to face and neck  
Arm bar

#16 Roundhouse to body  
Hook kick to the chest bring  
down  
Ridge hand to face

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#17 Step to inside and block  
Palm to nose  
Ear-slap  
Head-butt  
Chin throw

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#18 Speed double-roundhouse, First  
to body  
Then to head  
Step behind  
Sweep

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#19 Roundhouse to the stomach  
Roundhouse to the thigh  
Kneel down, Hook sweep  
Roundhouse to the head

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#20 Roundhouse  
Lift opponents arm  
Slide your arm under his  
Turning throw