

UKITF 2-step sparring syllabus

- 1. Attack:**
- a) Right front snap kick, land in right walking stance
 - b) Step forwards forming a left walking stance, twin vertical punch
- Defence:**
- a) Right leg back into a left walking stance, X-fist pressing block.
 - b) Step back into right walking stance, high outer forearm wedging block
- Counter Attack:** Grab opponent's head and pull forwards and down towards your own chest and execute a left upward knee kick to opponent's mid-section (land in guarding stance)
- 2. Attack:**
- a) Right front snap kick, land in right walking stance
 - b) Step forwards into a left walking stance, high back fist side strike
- Defence:**
- a) Left leg back forming a left L-stance, right low outer forearm block
 - b) Step back into a left walking stance, high double forearm block
- Counter Attack:** Left fixed stance, left middle obverse punch.
- 3. Attack:**
- a) Right walking stance, right side fist downward strike
 - b) Left low side-turning kick, land in right L-stance
- Defence:**
- a) Right leg back forming left walking stance, left outer forearm rising block
 - b) Step back into left L-stance, right outer forearm waist block
- Counter Attack:** Staying in left L-stance, perform right outward knife-hand strike (slide closer in towards opponent if necessary)
- 4. Attack:**
- a) Right high side-turning kick, land in left L-ready stance
 - b) Step forwards into left fixed stance, left middle punch
- Defence:**
- a) Right leg back forming right L-stance, high outer forearm side block
 - b) Step back into left L-stance, right middle outer forearm inward block
- Counter Attack:** Left middle turning knee kick, landing in guarding stance.

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5. Attack:

- a) Right walking stance, right middle obverse punch
- b) Left middle side piercing kick, land in right L-ready stance

Defence:

- a) Left leg back forming a right walking stance, right palm hooking block
- b) Step back forming a right L-stance, left outer forearm downward block

Counter Attack:

Slip the left leg into left walking stance, right high elbow strike.