

# UK-TKD Luton

## 3 Step Sparring Routines

### Numbers 1-10

Set sparring routines are used to develop the students' focus, distance and timing.

Both attacker and defender face each other in Chunbi ready position; they should be approximately arms length apart.

**The attack is always the same:** The attacker steps back on their right leg into a walking stance and performs a low outer forearm block with a kihap. This signals readiness to attack.

On hearing the defender return the kihap, the attacker steps forward into a right walking stance and makes a single obverse punch; this is followed by a second step forward into a left walking stance with a punch and then a third on the right (Hence 3 step sparring).

**Defence Number 1.** The defender kihaps when ready and as the first punch comes in steps back on their right leg into walking stance and performs a mid section inner forearm block over the front leg.

This is then repeated stepping back on the left leg for the second punch and finally back on the right leg again for the third. Once the final block is completed the defender (whilst remaining in walking stance) delivers a single reverse punch to the attackers mid section with a kihap.

**Defence Number 2.** The defender steps back on their left leg into L-stance and performs a mid section inner forearm block, the defender then steps back again this time on their right leg into L-stance and performs the block again, finally the defender steps back for the third step on their left leg into L-stance and blocks as before. The counter attack consists of stepping across with the left leg, past the attackers' right foot, then sliding the right foot up towards the left before sliding the right foot forward into L-stance and delivering a right knife hand strike to the side of the attackers' neck with a kihap.

**Defence Number 3.** The defender steps back on their left leg into L-stance as they step back they perform a mid section, inwards moving, outer forearm block with their right arm. Stepping back then on their right leg, they perform the same block with the left arm. Finally they repeat the block again whilst stepping back on their left leg again. The counter attack is delivered after pushing the attackers arm to the side and then performing a back fist strike to the bridge of the nose.

**Defence Number 4.** The defender performs exactly the same defence as explained in number 2 (above) up until the counter attack. This time after the third and last block is made the counter attack consists of stepping across with the left leg into sitting stance whilst at the same time extending the left arm to measure the correct distance from the attackers' belt then delivering a double punch (right - left combination with the kihap on the second punch).

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**Defence number 5.** The defender steps back on their right leg into L stance and performs a mid section outer forearm guarding block with their left arm. This is then repeated whilst stepping back on the left leg and using the right arm to perform the block. For the third and final attack step back on your right leg, but then step slightly forward into a sitting stance with your body parallel to your attacker. Perform an outer forearm block with the left arm to deflect the incoming punch and aim a punch to the side of your opponents jaw with your right hand.

**Defence number 6.** The defence for this attack is identical to number 5, with the exception that you use a knife hand guarding block throughout and finish with a knife hand strike to the neck instead of a punch to the jaw as in number 5.  
NOTE: The knife hand strike to the neck is delivered with the palm facing upwards.

**Defence number 7.** The defender steps back in right L stance and performs a middle outer forearm block to the incoming punch. This is repeated going back on the left leg and blocking with the right arm. For the third and final step the defender again steps back on their right leg, but this time slides back at an angle to give sufficient room to deliver a front kick to the stomach, landing in walking stance and following up with a double (obverse, reverse) punch to the abdomen.

**Defence number 8.** The defender steps back in right L-stance and performs a middle outer forearm knife hand block, to the incoming punch. This is repeated going back on the left leg and blocking with the right arm. For the third and final step the defender again steps back on their right leg sliding back at an angle to give sufficient space, holds a knife hand guarding block in L-stance and then counter attacks with a side kick off the rear leg, followed by a knife hand strike to the side of the neck in L-stance stance.

**Defence number 9.** The defender steps back on their right leg and blocks the incoming punch with an inward moving, palm pushing block using their left hand. This is repeated using the opposite hand and stepping back on the left leg. Finally the defender steps back on their right leg again and as they perform the inward palm block they slide back to give enough space to deliver a turning kick to the stomach using their right rear leg, followed by a knife hand strike to the neck with their right arm in vertical stance.

**Defence number 10.** The defender steps back on their right leg in L-stance and repeats the defence shown in number 8. On the third and final step, the counter attack consists of the defender turning clockwise half a turn, looking over their right shoulder then delivering a back kick to the attacker's stomach, then completing the rest of the turn and delivering a reverse knife hand strike to the philtrum.

During a grading the examiner will tell you which student is to attack first. On completion of the first routine both students step back up to Chunbi, then the attacker defender roles are reversed and number 1 is performed by the second student. Then both students move onto step two and so on.

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It is important to continue until you are told to stop by the examiner, in other words if you have both finished number 10 and still haven't heard the command to stop you simply go back to number 1 and start again.

**TIP:** Perform these routines as realistically as possible and kihap as loudly as possible, but at no time make contact with your opponent when delivering the counter-attacks.