



USTC

STEP SPARRING

WHITE BELT to YELLOW STRIPE

ONE-STEP SPARRING:

Attack: Opponent step right foot back low block with the left outer forearm, then step forward middle punch with the right fist.

1. **Defense:** Step left into a sitting stance while executing a right middle section punch followed by a left high section punch, then execute a right middle turning kick with the instep.
2. **Defense:** Step right into a right L-stance to avoid the punch, then execute a low front kick with the left instep, then lower the foot forward to form a left walking stance while executing a left middle section punch followed by a right middle section punch.
3. **Defense:** Step right into a sitting stance at a 45° angle while executing a right middle section punch followed by a left middle-section punch.

YELLOW STRIPE to YELLOW BELT

ONE-STEP SPARRING:

Attack: Opponent step right foot back low block with the left outer forearm, then step forward middle punch with the right fist.

1. **Defense:** Step right foot back into a right L-stance. At the same time execute a left inner forearm block. Then a right back piercing kick. Bring the right foot back.
2. **Defense:** Step right into a right L-stance to avoid the punch, then execute a middle section turning kick with the left ball of the foot. Execute a right middle section back piercing kick.
3. **Defense:** Drop down on your right knee, at the same time execute a left rising block, followed by a right reverse upward knife hand strike to the groin. Grab the opponent's wrist with the left hand, and the opponent's right ankle with right hand to take them down. Execute a right punch.

YELLOW BELT to GREEN STRIPE

ONE-STEP SPARRING:

Attack: Opponent step right foot back low block with the left outer forearm, then step forward middle punch with the right fist.

1. **Defense:** Step right foot back into a right L-stance. At the same time execute a middle knife hand-guarding block. Execute a right mid-air turning kick.
2. **Defense:** Step to the left while avoiding the punch, and then execute a right side kick to the middle section. Place your right foot behind the opponent's right leg while executing a right knife hand strike, then grab the opponent's shoulder and sweep them down. Follow them down landing on your right knee, and then execute a left punch.
3. **Defense:** Step right foot back into a right L-stance. At the same time execute a twin forearm block, then execute a right front kick to the low-section. Grab the wrist, and the shoulder of the opponent for a take down. Lock their arm, and then execute a right stamping kick.

GREEN STRIPE to GREEN BELT

ONE-STEP SPARRING:

Attack: Opponent step right foot back low block with the left outer forearm, then step forward middle punch with the right fist.

1. Step right foot back into a right L-stance. At the same time execute a left outer forearm downward block. Execute a right reverse hooking kick.
2. Step left foot back into a left L-stance. At the same time execute a right outer forearm inward block. Step left foot back into the opponent. Moving counter clockwise, execute a left high section back fist. Execute a right mid-air front kick.
3. Step right foot back into a right L-stance. At the same time execute a guarding block with a knife hand. While grabbing the opponent's wrist, execute a skip sweeping kick with left leg to the right ankle. Execute a right side pressing kick to the ribs.

GREEN BELT to BLUE STRIPE

ONE-STEP SPARRING:

Attack: Opponent step right foot back low block with the left outer forearm, then step forward middle punch with the right fist with the right fist.

1. **Defense:** Execute a left inside to outside defensive hooking kick followed by a right turning kick.
2. **Defense:** Execute a left outside to inside crescent kick. Execute a right reverse hooking kick.
3. **Defense:** Execute a right pressing block. Quickly grab the opponent's right hand. Execute a right palm strike to the face of the opponent. Sweep them down. Execute a right punch.

BLUE STRIPE to BLUE BELT

ONE-STEP SPARRING:

Attack: Opponent step right foot back low block with the left outer forearm, then step forward middle punch with the right fist.

1. **Defense:** Step right foot back L-stance. Execute a left palm upward block followed by a right 180 mid-air back kick.
2. **Defense:** Step right foot back. Execute a left side rising kick followed by a right back kick.

TWO-STEP SPARRING:

3. **Attack:** From a fighting stance executes a right turning sidekick followed by a right knife hand strike.

Defense: Step left foot back into a left L-stance while executing a right inner forearm block. Pull the right foot back to form a left rear foot stance while executing a knife hand-guarding block. Execute a lead leg sidekick.

BLUE BELT to RED STRIPE

TWO-STEP SPARRING:

1. **Attack:** From a fighting stance execute a right low front kick followed by a right high-section punch.

Defense: Step right foot back into a left walking stance. Execute a x-pressing block. Execute a x-rising block while bringing the right knee up. Twist the opponent's arm counter clockwise while stepping under their arm. Break the elbow over your shoulder. Execute a left elbow strike. Bring the opponent down. Execute a downward right knife hand strike.

2. **Attack:** From a fighting stance execute a low front kick then put the foot down and step with the left foot execute a right high punch.

Defense: Step right foot back forming a right L-stance while executing a low knife hand block. Pull the left foot back forming a right rear foot stance while executing a left outer forearm inward block. Execute a right mid-air turning kick.

3. **Attack:** From a fighting stance execute a right high section punch followed by a left low front kick.

Defense: Step right foot back forming a right L-stance while executing a middle block with left knife hand. Execute a pressing block with the right palm while moving right foot back into a left low stance. Execute a mid-air left front punch then a right reverse punch to the head.

RED STRIPE to RED BELT

TWO-STEP SPARRING:

1. **Attack:** From a fighting stance step right foot to the left, then step left foot middle section punch, right low kick.

Defense: Step left foot back into a left L-stance. Execute a right outer forearm inward block. Execute a right pressing kick. Execute a left back kick. Execute a right mid-air punch.

2. **Attack:** Left foot back jayu junbi. Execute a left turning kick followed by a right turning kick.

Defense: Step left foot back forming a left L-stance while executing a knife hand-guarding block. Step right foot back forming a right L-stance while executing a knife hand-guarding block. Execute a 180 mid-air reverse hooking kick with the right foot.

3. **Attack:** Opponent step right foot back low block with the left outer forearm, then step forward middle punch with the right fist.

Defense: Any free block then free counter move.

RED BELT to BLACK STRIPE

TWO-STEP SPARRING:

1. **Attack:** Execute a right twisting kick, and a left knife hand strike.

Defense: Step right foot back into a right L-stance. Execute a left reverse knife hand block while bringing the right fist in front of the left shoulder. Step back with the left foot to form a left L-stance. Execute a right outer forearm inward block. Execute a lead leg mid-air sidekick.

2. **Attack:** Execute a right reverse knife hand strike, and two turning kicks, starting with the left foot.

Defense: Step right foot back forming a left walking stance. Execute a left outer forearm block. Step back with the left foot to form a left L-stance while blocking with a knife hand-guarding block. Step back with the right foot to form a right L-stance while blocking with a knife hand-guarding block. Execute a right reverse hooking kick. Bring the right foot back to the starting position. Execute a right sweep to take the opponent down while landing on your left knee. Execute a right kick to the stomach.

3. **Attack:** Step right foot back low block with the left outer forearm, then step forward middle punch with the right fist.

Defense: Any free block then free counter move.