



PaulM Taekwon-Do

STEP SPARRING SYLLABUS 2007

A = Attack D = Defence C= Counter attack

9th & 8th Gup 3 Step Sparring

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|----------------------------------|---------------------------------------|-----------------------------------|
| A walking st punch | D walking st inner forearm block | C flat fingertip thrust |
| A walking st high punch | D walking st outer forearm high block | C sitting st rev knifehand strike |
| A walking stance front snap kick | D walking stance forearm low block | C L-st knidehand strike |

7th Gup 3 Step Sparring

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| A L-stance side punch | D L-st inner forearm block | C side front snap kick (front leg) |
| A L-stance side punch | D L-st knifehand guarding block | C dodge, turning kick (rear leg) |
| A L-stance knifehand strike | D L-st outer forearm inward block | C side piercing kick (front leg) |

6th Gup 1 Step Sparring

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| A walking st punch | D crescent kick | C back piercing kick |
| A walking st grab | D twin forearm block | C knifehand inward strike |
| A side piercing kick | D slide to forearm guarding block | C reverse turning kick |

5th Gup 1 Step Sparring

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| A walking st punch | D hooking block | C twisting kick |
| A L-st knifehand strike | D hooking kick | C x-stance backfist strike |
| A side piercing kick | D L-st downward block | C reverse hooking kick (front leg) |

4th Gup 1 Step Sparring

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| A walking st punch | D L-st upward block | C side front snap, flying turning kick |
| A walking st flat fingertip thrust | D | C flying front snap kick |
| A turning kick | D slide to forearm guarding block | C flying side kick (rear leg) |

3rd Gup 1 Step Sparring

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| A walking st punch | D hooking kick | C flying inward vertical kick |
| A walking st upset fingertip thrust | D slide knifehand low guarding block | C flying back piercing kick |
| A back piercing kick | D crescent kick | C flying reverse turning kick |