

SPARRING FORM AIR

Starts at attention, to be performed at a medium pace all techniques to be correct, and on target.

LEFT OUT WARD PALM BLOCK.
RIGHT OUTWARD PALM BLOCK.
LEFT REVERSE PUNCH.
RIGHT REVERSE PUNCH.
RIGHT TURNING KICK.
LEFT BACK KICK.
RIGHT FRONT KICK (MID).
LEFT KNEE STRIKE.
TURN , CHECK AND BLOCK.
RIGHT SIDE KICK.
LEFT TURNING KICK.
RIGHT SPINNING KICK.
LEFT TURNING KICK.
LEFT BACK FIST.
STEP THROUGH, LEFT CHECK AND BLOCK.
LEFT SHIFTING SIDE KICK.
LEFT SHIFTING SIDE KICK.
RIGHT TURNING KICK.
LEFT REVERSE HOOKING KICK.
RIGHT JUMPING TURNING KICK.
RIGHT BACK FIST.
TURN , LEFT KNIFE HAND.
RIGHT BACK KICK.
LEFT JUMPING TURNING KICK.
LEFT BACK FIST.

Total 25 Moves