

SPARRING FORM EARTH

Start from fighting stance, to be performed at a medium pace all techniques to be correct and on target.

LEFT INWARD PALM BLOCK

LEFT BACK FIST

RIGHT FRONT KICK

RIGHT REVERSE PUNCH

LEFT REVERSE PUNCH

LEFT SIDE KICK

RIGHT $\frac{3}{4}$ REVERSE HOOKING KICK

LEFT JUMPING TURNING KICK

LEFT BACK FIST

RIGHT BACK KICK

LEFT BACK KICK

FINISH SPARRING FORM IN FIGHTING STANCE.

Total 11 Moves.