

SPARRING FORM FIRE

Starts the form in fighting stance, to be performed at a medium pace all techniques to be correct and on target.

Balance is required to carry out slow motion techniques.

**LEFT GRAB
RIGHT REVERSE PUNCH
TURN, LEFT OUTWARD PALM BLOCK
RIGHT VERTICAL PUNCH
RIGHT VERTICAL PUNCH
TURN, RIGHT INWARD PALM BLOCK
RIGHT BACK FIST (HIGH)
RIGHT BACK FIST (HIGH)
RIGHT BACK FIST (MID)
LEFT BACK FIST HIGH
LEFT TURNING KICK
RIGHT BACK KICK (LOW)
RIGHT KNIFE HAND
LEFT REVERSE HOOKING KICK
LEFT TURNING KICK
LEFT TURNING KICK
LEFT FRONT PUNCH
RIGHT REVERSE PUNCH
RIGHT SIDE KICK (LOW & SLOW)
RIGHT SIDE KICK (MID SLOW)
RIGHT SIDE KICK (LOW FAST)
RIGHT SIDE KICK (MID FAST)
TURN, LEFT DOWNWARD PALM BLOCK
(LOW & CONTROLLED)
LEFT SHIFTING HOOKING KICK
LEFT JUMPING HOOKING KICK
LEFT KNIFE HAND
RIGHT RIDGE HAND
RIGHT SIDE KICK
TURN, DOUBLE FOREARM BLOCK**

SPARRING FORM FIRE cont....

**LEFT FRONT PUNCH
RIGHT REVERSE PUNCH
LEFT FRONT PUNCH
RIGHT REVERSE PUNCH
LEFT TURNING PUNCH
LEFT TURNING KICK (LOW)
LEFT TURNING KICK (MID)
LEFT TURNING KICK (HIGH)
RIGHT SPINNING KICK
RIGHT SPINNING KICK
RIGHT REVERSE HOOKING KICK
TURN, LEFT DOWNWARD PALM BLOCK
(LOW CONTROLLED)**

**LEFT AXE KICK
RIGHT JUMPING INWARD AXE KICK
RIGHT SPINNING INWARD AXE KICK
LEFT SPINNING KICK
TURN, LEFT OUTWARD PALM BLOCK (CONTROLLED (HIGH)**

**LEFT SCISSOR ACTION TURNING KICK
TURN RIGHT BACK FIST**