

## **SPARRING FORM WATER**

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

LEFT DOWNWARD PALM BLOCK.  
RIGHT DOWNWARD PALM BLOCK.  
LEFT REVERSE PUNCH.  
RIGHT REVERSE PUNCH.  
LEFT TURNING PUNCH.  
RIGHT TURNING PUNCH.  
RIGHT HOOKING KICK.  
RIGHT SIDE KICK.  
LEFT REVERSE HOOKING KICK.  
RIGHT JUMPING TURNING KICK.  
LEFT JUMPING TURNING KICK.  
TURN, LEFT DOWNWARD PALM BLOCK.  
LEFT HOOKING KICK.  
LEFT TURNING KICK.  
LEFT TURNING KICK.  
RIGHT SPINING KICK.  
LEFT SHIFFTING FRONT KICK.  
LEFT FRONT PUNCH.  
LEFT FRONT PUNCH.  
RIGHT REVERSE PUNCH.  
LEFT HOOKING PUNCH.  
RIGHT UPPERCUT.  
RIDE SIDE KICK.  
TURN, CHECK AND BLOCK.  
LEFT SHIFFTING SIDE KICK.  
LEFT JUMPING SIDE KICK.  
RIGHT JUMPING BACK KICK.  
RIGHT BACK FIST.  
RIGHT BACK FIST.  
LEFT SPINNING BACK FIST..

Total 31 Moves