



# Sparring Segments

**Purple & Blue** (Purple starts left foot forward, Blue starts right foot forward)

# 1	#2	#3 (Blue Only)
Backfist	Backfist	Backfist
Reverse Punch	Double Step Reverse Punch	#3 Hook Kick
# 2 Round Kick	Step Jump Rev Crescent Kick	Reverse Crescent Kick
Reverse Hook Kick	Reverse Punch – Kihap	#2 Jump Round Kick
Reverse Punch – Kihap		Reverse Punch -Kihap

**Brown & Red** (Brown starts left foot forward, Red starts right foot forward)

#1	#2	#3 (Red Only)
Backfist	Backfist	Backfist
Reverse Punch	Double Step, Reverse Punch	3# Jump Hook
Step, Reverse Punch	Step Jump Reverse Side Kick	Step Reverse Punch
#2 Jump Side Kick	Reverse Punch – Kihap	Butterfly Crescent Kick
Spin Heel		Reverse Hook Round
#3 Jump Hook Kick		Reverse Punch -Kihap
Reverse Punch –Kihap		

## 1<sup>st</sup> Degree

- #1
- Backfist
- Reverse Punch
- Step Reverse Punch
- #2 Twist Kick
- Jump Spin Hook
- Slide Side, Slide Round
- Reverse Punch -Kihap