

Junior 10th Kyu Requirement Sparring Set #1



**Kiotsuke
(Attention)**



Rei (Bow)



**Yoi (ready), left
hand over right
hand**



**Step back with the
right foot into a
left guard and kiai**



**Left hand low
block**



**Right hand low
block**



**Left hand middle
inside block**



**Right hand middle
inside block**



Left high cover



Right high cover



Left leg block



Right leg block



Left jab eye level



Right cross chest level



Left inside elbow strike



Right inside elbow strike



Reach up and grab, pull down and



Right knee kick, place foot on floor



Right front kick



After kick set right foot forward



Right jab eye level



Left cross chest level with a kiai



Right low block



Left low block



Right middle inside block



Left middle inside block



Right high cover



Left high cover



Right leg block



Left leg block



Right jab eye level



Left cross chest level



Right elbow strike



Left elbow strike



Reach up and grab



Pull down into left knee kick



Place foot back into guard stance



Left front kick set foot forward



Left jab eye level



Right cross chest level with kiai



**Yame (end)
Left palm open,
right hand stays in fist**



**Slide left foot back
to right into
attention stance**



**Bring hands to
chest and then
down opening the
right hand**



Hands to the side



Rei (bow)



**Return to attention
stance**