

Junior 8th Kyu Requirement Sparring Set #3



**Kiotsuke
(Attention)**



Rei (Bow)



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



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



Left low block



Right cross to chest



Left inside block



Right cross to chest



Left high block



Right cross to chest



Left leg block



Set the left foot forward



Right front kick



Set the right foot forward



Right jab



Left cross



Right low block



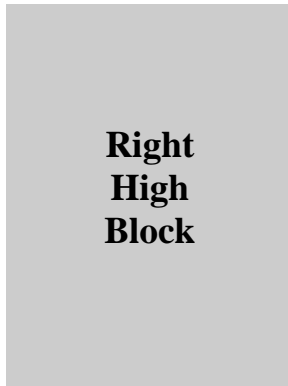
Left cross



Right inside block



Left cross



Right High Block



Left cross



Right leg block



Right foot sets down into right guard



Left front kick



Left foot sets forward



Left jab



Right cross and kiai



Pivot on the left foot, face left



Right foot slides up to the left foot



Left front kick, recharger leg



Pivot on right foot, left roundhouse kick



Left foot sets forward



Left backfist



Right cross



Left steps across into right guard



Left slides up to right foot



Right front kick



Pivot on left foot, chamber right leg



Right roundhouse kick



Right backfist



Left cross



Right foot sets back into left guard



Right front kick, set forward



Left roundhouse kick, set forward



Slide the right foot up to the left foot



Lift left knee up



Left side kick, set forward



Turn your head looking over right shoulder



Lift your right leg up loaded



Right back kick, set forward



Right backfist to side of head



Left cross and kiai



Pivot to your right 45 degrees



Slide the left foot up and load right leg



Right side kick



Right backfist



Left cross



**Pivot on the left foot,
face 45 degrees**



**Slide the right foot
up to the left**



Left side kick



Left backfist



Right cross



**Pivot on the left
foot, face front**



Left jab



Right cross



**Duck, be sure to
keep the head up**



Left hook punch



Right uppercut



Duck



**Jump up with the
right leg**



**Kick with the left
foot, set forward**



Left jab



**Right cross and
kiai**



Finish in left guard



**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**