

# 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**



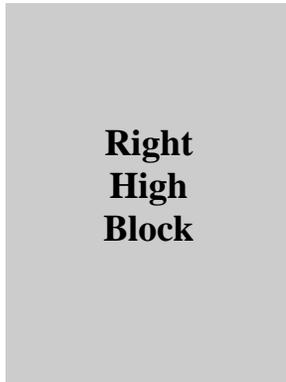
**Left cross**



**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,  
rechamber 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 foward**



**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**