



Australian Government  
Australian Sports Commission

EASY MED HARD



# 3-step sparring

**A** In pairs, one player practises blocking and evading while their partner execute strikes towards them.

## What to do

- > Players pair off and face each other.
- > Each pair stands an arm's length apart.
- > Both players stand in the 'ready' stance.



- > Player 1 moves forward into the forward stance and **slowly** performs a mid-section punch attempting to **lightly** touch the other player on the belly.
- > Player 2 steps back and **slowly** blocks, using a low section block.
- > Repeat 3 times, then swap roles.



FORWARD STANCE



LOW SECTION BLOCK

## Change it

- > Use role models to demonstrate good technique.
- > Add free sparring, which is just like shadow sparring (which is without a partner), but players now have a sparring partner. Both players move around executing strikes from a safe distance as well as blocking attacks.
- > Slowly increase the speed of the actions.

## Safety

- > Make sure players are sparring at a safe distance.
- > When striking, players may only touch each other **lightly**.
- > When blocking, players must do so gently.

## Ask the players

- > What is the most successful way to make a chest touch attempt?
- > What do you need to do to block your opponent?

## LESSON LINK:

*3-step sparring* is a highly energetic movement game which incorporates the martial arts skills of sparring and self-control.

SESSION PLANS

Combos > Get Into It MV 02B + Get Into It MV 01B + Get Into It MV 04A