



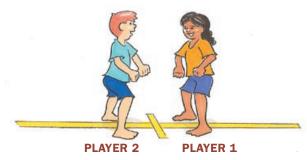




In pairs, one player practises blocking and evading while their partner execute strikes towards them.

#### 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** 

# 3-step sparring

## **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.