

PRE-PLANNED AND FREE SPARRING CORRELATIONS:

ACTION	ATTACKER		SPARRING				DEFENDER			
	NO. of	ATTACKS	SET	START	WEAPON	TARGET	ATTACKER	CONTACT	BLOCK	COUNTER
ONE STEP	1		Yes		Set	Set	Set	Yes	Yes	Yes-Choice weapon and target
THREE STEP Basic	3		Yes		Set	Set	Set	Yes	Yes	Yes-Choice
THREE STEP Advanced	3		Open		Set 1 only	Set 1 only	Set	#1 only	Yes	Yes-Choice
FIVE STEP	5		Yes		Set	Set	Set	Yes	Yes	Yes-Choice
<u>KICKINGS</u>										
ONE STEP	1		Yes		Set	Open	Set	Yes	Yes	Yes-Set target and weapon
TWO STEP	2		Yes		Set	Open	Set	Yes	Yes	Yes-Choice
FREE ACTION	Open		Open		Feet only	Open	Set	Yes	Open	Yes-Choice
IPPON KUMITE Semi-Free	1		Open		Set	Set	Set	Yes	Yes	Yes-Choice
IPPON KUMITE Free	1		Open		Open	Open	Set	No	Yes	Yes-Choice
FREE SPARRING	Open		Open		Open	Open	Open	No	Open	Continue until point called