



Sparring Tips

1. Have fun.
2. Use V-stepping to dodge kicks or punches without retreating, then counterpunch to attacker's side or round-kick his stomach.
3. Always attack with combinations of punches and kicks. Never throw a single kick or punch and retreat.
4. It is best to begin a combination with a punch rather than a kick.
5. Don't reach out to block punches or kicks that would have missed.
6. Don't waste energy kicking or punching out of range.
7. Block attacker's kick or punch to his *inside* (across himself) and reverse-punch him, then cover-and-retreat or shift-and-cover.
8. Keep relaxed except at the moment of strike for greatest speed.
9. Tighten stomach muscles when about to be hit so as to reduce pain (*kiai* helps).
10. Don't telegraph.
11. Don't back straight up. Circle or V-step to the left or right.
12. Keep front hand high (to protect head and chest), back hand low (to protect stomach and groin).
13. Attack fast when opponent is off balance.
14. Attack fast just as opponent is starting his attack.
15. Use loudest *kiai* possible, especially when about to score.
16. When moving in, stay in a proper stance.
17. When opponent is backed into a corner, don't let him go; drive him out of bounds.
18. When grabbing a leg kick, lift *up* to dump opponent, then strike quickly.
19. Use hard front kicks to stop a charge.
20. When ahead in points, back off, hold your ground and fight defensively until the clock runs out.

21. Never turn your back on your opponent, except during the split second involved in the spinning delivery of a technique.
 22. Be sure to *kiai* when scoring, to attract the referee's attention to your strike.
 23. Maintain alert stance and focus (*zanshin*) when stepping back from delivering a scoring technique.
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