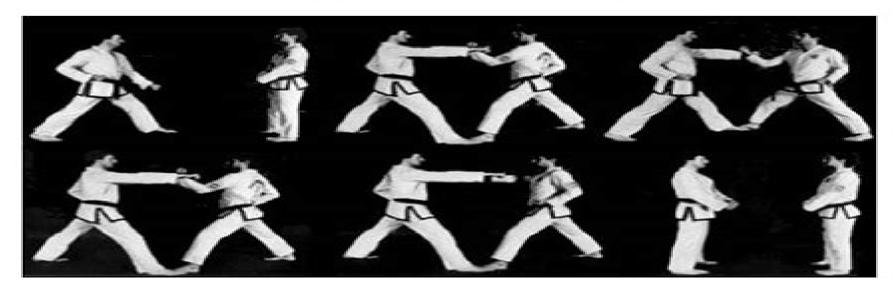


# ITF Step Sparring Syllabus

1, 2, 3 Step Sparring



## Written by:

Master Michael Muleta, 8th Degree Director – ITF Centre of Excellence

## **Selfdefense 100 1 Step Sparring**

**L** Manion

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