

THREE STEP SPARRING (SAMBO MATSOKI)

All attacking is stepping forward 3 times *gunnun so kaunde ap joomuk jirugi* (walking stance middle punch).

When attacking **do not** anticipate the block, always punch to the centre of the body. All blocking is middle section.

Ready stance for the attacker is right leg back *gunnun so najunde bakat palmok makgi* (walking stance outer forearm low block).

Ready stance for the defender is *narani junbi sogi* (parallel ready stance)

- 1 (i) Right leg back *gunnun so an palmok makgi* (walking stance inner forearm block).
- (ii) Step back *gunnun so an palmok makgi*.
- (iii) Step back *gunnun so an palmok makgi*.

Counter attack: *gunnun so kaunde bandae ap joomuk jirugi* (walking stance middle reverse punch).

- 2 (i) Left leg back *niunja so an palmok makgi* (L stance inner forearm block).
- (ii) Step back *niunja so an palmok makgi*.
- (iii) Step back *niunja so an palmok makgi*.

Counter attack: *niunja so sonkal yop terigi* (L stance knife hand side strike), aimed at the opponents right hand floating rib.

- 3 (i) Left leg back *niunja so bakat palmok annuro makgi* (L stance outer forearm inward block).
- (ii) Step back *niunja so bakat palmok annuro makgi*
- (iii) Step back *niunja so bakat palmok annuro makgi*

Counter attack: *niunja so dung joomuk nero terigi* (L stance backfist downward strike).

- 4 (i) Left leg back *niunja so an palmok makgi* (L stance outer forearm block).
- (ii) Step back *niunja so an palmok makgi*.
- (iii) Step back *niunja so an palmok makgi*.

Counter attack: move the left foot to form *annun sogi* (sitting stance), using the left arm to judge the correct distance, then perform *doo jirugi* (double punch), right hand first.

- 5 (i) Right leg back *niunja so bakat palmok makgi* (L stance outer forearm block).
- (ii) Step back *niunja so bakat palmok makgi*.
- (iii) See counter attack.

Counter attack: move the right foot to form *annun sogi* at the same time simultaneously performing *bakat palmok makgi* to the third punch and *ap joomuk jirugi* to the opponents temple.

The starting position for the hands is as follows, the right hand punch starts from the waist - palm upwards, whilst the left hand block starts from on top of the right fist also palm upwards.

- 6 (i) Right leg back *niunja so sonkal makgi* (L stance knife hand block).
- (ii) Step back *niunja so sonkal makgi*.
- (iii) See counter attack.

Counter attack: move the right foot to form *annun sogi* at the same time simultaneously performing *sonkal makgi* to the third punch and *sonkal annuro terigi* (knife hand inward strike) to the opponent's neck.

The starting position for the hands is the same as for a knife hand strike but the inner hand (left hand) forms a block and the outer hand (right hand) forms the inward strike.

- 7 (i) Left leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).
- (ii) Step back *niunja so sonbadak annuro makgi*
- (iii) Step back *niunja so sonbadak annuro makgi*

Counter attack: Slide towards the opponent to form a right *niunja sogi* facing away from the opponent whilst looking over the right shoulder and performing *yop palkup tulgi* (side elbow thrust) to the floating rib.

- 8 (i) Left leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).
- (ii) Step back *niunja so sonbadak annuro makgi*
- (iii) Step back *niunja so sonbadak annuro makgi*

Counter attack: pivot on the right foot to form a left *niunja sogi* whilst looking over the left shoulder and executing a *yop palkup tulgi* (side elbow thrust) to the solar plexus.

- 9 (i) Right leg back *niunja so sonkal makgi* (L stance knife hand block).
- (ii) Step back *niunja so sonkal makgi*.
- (iii) See counter attack.

Counter attack: Step back and slide into a right *niunja sogi palmok daebi makgi* (L stance forearm guarding block). Stepping forward execute *ap cha busigi doo jirugi* (front snap kick double punch) and land in *gunnun sogi* and perform a double punch

- 10 (i) Left leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).
(ii) Step back *niunja so sonbadak annuro makgi*
(iii) See counter attack.

Counter attack: Step back and slide into a left *niunja sogi palmok daebi makgi* (L stance forearm guarding block). Stepping forward execute a *yop chagi* (side kick) lower the left foot to the floor and **bring the right foot to the left foot to form *moa sogi* (close stance)** whilst executing a *sonkal yop terigi* to the opponent's neck.

- 11 (i) Right leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).
(ii) Step back *niunja so sonbadak annuro makgi*
(iii) See counter attack.

Counter attack: Step back and slide to your left side into a right *niunja sogi palmok daebi makgi* (L stance forearm guarding block). Stepping forward execute a *dollyo chagi* (turning kick) under the opponents arm, lower the right foot to the floor and bring the left foot to the right foot to form *moa sogi* (close stance) whilst executing a *dung joomuk yop terigi* to the side of the opponent's head.

Note:

On numbers 10 and 11, either hand counter attack may be used i.e. *sonkal yop terigi* on number 11 and *dung joomuk yop terigi* on number 10.

TWO STEP SPARRING (IBO MATSOKI)

Ready stance for the attacker is right leg back *niunja so palmok daebi makgi* (L stance forearm guarding block). Ready stance for the defender is *narani junbi sogi* (parallel ready stance).

1. **ATTACK** - Step forward *gunnun so, nopundae ap joomuk jirugi* (high section punch), followed by *ap cha busigi* (front kick).

DEFENCE - Right leg back *gunnun so* (walking stance), *Chookyo makgi* (rising block).
 Left leg back *gunnun so* (walking stance), *kyocha joomuk makgi* ('X' fist pressing block).

COUNTER - *Sang Sewo Jirugi* (twin vertical punch).

2. **ATTACK** - Step forward *Gojung so, ap joomuk yop jirugi* (fixed stance side punch *Dollyo chagi* (turning kick).

DEFENCE - Right leg back *niunja so, sonbadak ollyo makgi* ('L' stance, upward palm block),
 Left leg back *niunja so hori makgi* ('L' stance, waist block).

COUNTER - Slide forward into *niunja so, yop palkup* (right 'L' stance, right side elbow).

3. **ATTACK** - Step forward *Ap chagi, sang sewo jurigi* (Front kick, twin vertical punch).

DEFENCE - Right leg back *gunnun so, najunde so kyocha joomuk makgi* (walking stance, 'x' fist pressing block),
 Left leg back *gunnun so* (walking stance), *hechyo makgi* (outer forearm wedging block).

COUNTER - *Moorup chagi* (Knee kick, at the same time pull opponents shoulders).

4. **ATTACK** - Step forward *gunnun so Opun-sonkut tulgi*, (walking stance Flat fingertip thrust), *yop chagi* (side kick)

DEFENCE - Right leg back *gunnun so* (walking stance), *sonkal Chookyo makgi* (knife-hand rising block),
 Left leg back *niunja so* ('L' stance), *sonbadak anuro makgi* (inward palm block).

COUNTER - *Ap chagi* (front kick to coccyx), *doo dwijibo jirugi* (twin upset punch to kidneys).