



TWO STEP SPARRING - (IBO MATSOKI)

Attacker : Right L-stance , forearm guarding block when ready to attack.

Defender : Parallel ready stance - all defence starts with right leg back

		First move	Second move	Counter
1	A	Walking stance , High punch	Front snap kick	
	D	Walking stance, rising block	Walking stance, X-fist pressing block	Twin vertical punch
2	A	Fixed stance side punch	Turning kick	
	D	L-stance, upward palm block	L-stance, waist block	Slide forward into right L-stance, right side elbow
3	A	Front snap kick	Twin vertical punch	
	D	Walking stance, X – fist pressing block	Walking stance, outer forearm wedging block	Knee kick, at the same time pull opponents shoulders down.
4	A	Flat fingertip thrust	Side kick	
	D	Walking stance, knife-hand rising block	L-stance, inward palm block	Front kick to coccyx, twin upset punch to kidneys

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Defender : Parallel ready stance

		First move	Second move	Counter
5	A	L-stance right back kick	Walking stance palm heel strike	
	D	Right L-stance palm waist block	Left L-stance inward outer forearm block	Right walking stance, left ridge hand strike
6	A	Right high turning kick	Left walking stance, arc-hand strike	
	D	Sitting stance, twin forearm block moving diagonally	Right L-stance hooking block	Left side kick (grab arm)
7	A	Right fixed stance hammer fist side strike	Left middle spinning kick	
	D	Left L-stance, twin forearm block	Right L-stance knife hand guarding block (sliding away guard only)	Right high spinning kick
8	A	Right middle side kick	Right L-stance knife hand spinning side strike	
	D	Right L-stance, inward forearm waist block	Right L-stance knife hand guarding block (double stepping)	Left x-stance high back fist strike

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