



THREE STEP SPARRING - (SAMBO MATSOKI)

Attacker : Ready position is right leg back walking stance low forearm block.

Step forward in walking stance middle obverse punch three times.

Defender : As below

No	Move	1	2	3	Counter
1	Right leg back	Walking stance inner forearm block	Repeat	Repeat	Walking stance reverse punch right hand (kihap)
2	Left leg back	L-stance stance Inner forearm block	Repeat	Repeat	Step forward with front foot into L-stance. Right hand knife-hand side strike (kihap)
3	Left leg back	L-stance right Middle inward forearm block	Repeat	Repeat	Slide forward with front foot into L-stance. Front back fist strike to the bridge of the nose (kihap)
4	Left leg back	L-stance middle outer forearm block	Repeat		Move the left foot into sitting stance Focus with left fist .execute double punches (kihap)
5	Right leg back	L-stance left middle outer forearm block	Repeat		Move to the right into sitting stance parallel to the opponent execute a left outer forearm block and high punch simultaneously (kihap)
6	Right leg back	L-stance left middle knife-hand block	Repeat		Move to the right into sitting stance parallel to the opponent execute a left knife hand block, a high inward strike to the neck.
7	Right leg back	L-stance left outer forearm block to the inside two times	Repeat		Move right foot right foot to left foot, slide back at 45 degree angle in L-stance, execute right front kick , double punches

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No	Move	1	2	3	Counter
8	Right leg back	L-stance left middle knife hand block.	Repeat		Slide back 45 degree to the right forming L-stance knife hand guarding block. Side kick landing in L-stance right knife hand side strike to the neck (kihap)
9	Right leg back	L-stance middle palm pushing block	Repeat		Slide back 45 degree angle to the outside of your opponent into L-stance. Execute turning kick , knife hand side strike to the neck into vertical stance
10	Right leg back	L-stance knife hand block	Repeat		Slide back 45 degree angle forming L-stance knife hand guarding block .Execute spinning back kick, left ridge hand strike to the neck in walking stance

The purpose of three step sparring is to introduce beginner to sparring, the benefits of three step are:

- Facing an opponent.
- Development of distance for blocks and counter attacks.
- Learning basic targets.
- Improving timing.
- Forearm conditioning.

3 Step Semi Free Sparring –(Ban Jayoo Matsoki)

- The attacker steps forward 3 times and execute 3 random hand or foot techniques towards his /her opponent.
- The defender Steps back three times whilst execute three suitable blocking techniques.
- After the 3 and final attacking technique, the defender execute a suitable single counter attack technique by hand or foot to the attacker.

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