

TWO STEP SPARRING

PROTOCOL

1. Attacker takes their distance, then takes right leg back, forearm guarding block
2. Defender starts in parallel ready stance.
3. Attacker kihaps
4. Defender kihaps
5. Attacker then starts.

Blue tags need to know 1-4, Blue belts and above need to know 1-8

No	1 st Move	2 nd Move	Counter Attack
1	A - RWS high punch D – LWS rising block	A - Low front kick D - RWS X-fist pressing block	D – Twin vertical punch
2	A – LLS right side punch D – RLS R upward palm block	A – Turning kick D – LLS R waist block	D – Slide in side elbow strike
3	A – Low front kick D – LWS X-fist pressing block	A – LWS twin vertical punch D – RWS wedging block	D – Grab shoulders – left knee kick
4	A – RWS high flat fingertip thrust D – LWS knifehand rising block	A – Middle side kick D – LLS palm pushing block	D – Front kick to coccyx, twin upset punch to kidneys
5	A – Spinning side kick D – RLS palm waist block	A – LWS high palm strike D – LLS inward block	D – Step out into RWS, ridge hand strike to solar plexus
6	A – High turning kick D – LLS forearm checking block	A – LWS archand strike to throat D – RLS hooking block	D – Front leg side kick
7	A – LLS side fist strike D – LLS twin forearm block	A – Left middle reverse turning kick D – Step back and to the left into RLS forearm guarding block	D – High right reverse turning kick
8	A – Back leg side kick D – RLS inwards inner forearm waist block	A – Spinning knifehand strike D – Slip back and right into RLS knifehand guarding block	D – X-stance, high left backfist strike

Key: LWS = Left walking stance (left leg forward)

A = Attacker

RWS = Right walking stance (right leg forward)

D = Defender

LLS = Left L-stance (sitting back on left leg)

RLS = Right L-stance (sitting back on right leg)

Theory

2-step sparring is called **IBO MATSOKI**

2-step sparring is practised for **FOCUS, DISTANCE AND TIMING** against **HAND AND LEG ATTACKS**

2-step sparring should be performed with good **TRADITIONAL STANCES**

2-step sparring should be performed with **STRONG MOVES**