

## THREE STEP SPARRING

### PROTOCOL

1. Attacker touches partner on the shoulder at arms length to ensure the correct distance
2. Attacker and defender take their ready positions
3. Attacker kihaps to signify they are ready to attack
4. Defender kihaps to signify they are ready to defend
5. Attacker and defender then perform the moves as described below.

### ATTACKER

Performs the same attack throughout.

Ready position is with right leg back in walking stance with left low block.

1. Step forward, right walking stance obverse punch.
2. Step forward, left walking stance obverse punch.
3. Step forward, right walking stance obverse punch.
4. When the defender has finished, move your right leg only back into ready stance.

### DEFENDER

Starts in parallel ready stance

Perform the moves described below.

Yellow belts need to know defences 1 – 4, Green tags 5 – 7, and Green belts 8 – 10

No	Leg	Stance	Move 1	Move 2	Move 3	Counter attack
1	Right	Walking	Middle block	Middle block	Middle block	Reverse punch
2	Left	L	Middle block	Middle block	Middle block	Step out - right knifehand strike
3	Left	L	Inward moving outer forearm block	Inward moving outer forearm block	Inward moving outer forearm block	Right downward backfist
4	Left	L	Middle block	Middle block	Middle block	Step out left measure punch - double punch
5	Right	L	Outward moving outer forearm block	Outward moving outer forearm block	Step right leg into sitting stance – simultaneous block and punch to chin	
6	Right	L	Outward moving knifehand block	Outward moving knifehand block	Step right leg into sitting stance – simultaneous block and strike to neck	
7	Right	L	Outward moving outer forearm block	Outward moving outer forearm block	Jump back, forearm guarding block	Right front kick then double punch
8	Right	L	Outward moving knifehand block	Outward moving knifehand block	Jump back, forearm guarding block	Right side kick then knifehand strike
9	Right	L	Inward moving palm block	Inward moving palm block	Inward moving palm block	Step to side, right turning kick, right knifehand strike
10	Right	L	Outward moving knifehand block	Outward moving knifehand block	Jump back, forearm guarding block	Right spinning side kick, left ridge-hand strike

After the counter attack, the defender should move only their back leg to parallel ready stance.

### Theory

3-step sparring is called **SAMBO MATSOKI**

3-step sparring is practised for **FOCUS, DISTANCE AND TIMING** against a constant attack.

3-step sparring should be performed in **TRADITIONAL STANCES** with **STRONG MOVES**