

TWO STEP SPARRING (IBO MATSOKI)

Pre-arranged sparring is practiced to develop - **DISTANCE, FOCUS & TIMING** against an actual partner, as well as Stances, Blocks and Attacking Techniques.

1. Face partner - Attention Stance - Bow.
2. Mark your distance.
3. On command 'CHUNBI' person attacking takes RIGHT LEG back into ' L ' stance, blocking Left Forearm Guarding Block with a **shout (ki/ha)**.
Defender moves to Parallel Ready Stance. **Shout (ki/ha)** to indicate when ready to begin.

No. 1

ATTACK Right leg walking stance - High section punch.
Left leg front snap kick.

DEFENCE.....Right leg back (walking stance) - Rising block.
Left leg back (walking stance) - Low X-fist pressing block.

COUNTER.....Twin vertical punch (walking stance).

No. 2

ATTACK.....Step forward right leg into L-stance - Side punch.
Left leg turning kick (mid-section).

DEFENCE.....Right leg back (L-stance) - Upward palm block
Left leg back (L-stance) - Waist block.

COUNTER.....Slide in - Side elbow strike (L-stance).

No. 3

ATTACK.....Right leg front snap kick, land in walking stance.
Step left leg forward - Twin vertical punch. (walking stance).

DEFENCE.....Right leg back (walking stance) - X-fist pressing block.
Left leg back (walking stance) - Wedging block.

COUNTER.....Grab shoulders - left knee strike. - Finish left leg back, forearm guarding block (L-stance).

No. 4

ATTACK.....Right leg (walking stance) - Flat finger-tip thrust (high section).
Left leg side kick (mid-section)

DEFENCE.....Right leg back (walking stance) - Knife hand rising block.
Left leg back (L-stance) - Palm-heel pushing block.

COUNTER.....Left leg front snap kick (lower spine) - Twin upset punch to kidneys
(walking stance).

Numbers 5-8 for Black Belt Syllabus only

No.5

ATTACK.....Right Back kick
Left hand palm strike to nose

DEFENCE....Right leg back (L-Stance) – Knife hand waist block with left hand
Left leg back (L-Stance) – right hand inward moving outer forearm block

COUNTER....Slide right foot into walking stance, left hand reverse knifehand to solar plexus.

No.6

ATTACK.....Right high turning kick
Step forward arc hand throat grab with left hand

DEFENCE....Left leg back (sitting stance) – twin straight forearm block
Right leg back (L-Stance) - palm hooking block with left hand

COUNTER...Left side kick, pulling on opponent's arm

No.7

ATTACK.....Side fist strike with right hand in fixed stance
Middle section reverse turning kick with left leg

DEFENCE....Left leg back (L-Stance) – twin forearm block
Right leg back (L-Stance) knifehand guarding block (evading kick)

COUNTER....High reverse turning kick with right leg

No.8

ATTACK.....Right middle side kick
Spinning knifehand strike in right L-Stance

DEFENCE.....Right leg back – Inward moving inner forearm waist block with left hand
Cross the left leg over the right, step back in right L-stance, knifehand guarding block.

COUNTER.....Left X-stance – back fist strike

NOTE. On the counter attacks, you should SHOUT (KI/HA)