

## THREE STEP SPARRING (SAMBO MATSOKI)

Pre -arranged Sparring is for developing Focus, Distance and Timing, as well as Stances, Blocks and Attacking Techniques.

1. Face Partner - Attention Stance - Bow.
2. Person attacking takes distance by making walking stance level to opponent's toes. Then returns back to attention stance.
3. On command "Junbi" the person attacking takes the Right leg back into walking stance and blocks Low Outer Forearm Block with Left Arm.  
Ki/ha to show you are ready to attack.
4. You must take your time. Your target is shoulder height and to the centre of your opponent.
5. When Blocking you must block to the Forearm of your Opponent and the Opposite Fist comes back to the hip.

The attack in all of these set spars (1 - 9 ) is as follows.

Step forward three times in Walking Stance, each time punching Middle Section.

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### **No. 1.**

**DEFENCE.....** Right leg back Walking Stance, Middle Inner Forearm Block.  
Left leg back same.  
Right leg back same.

**COUNTER.....** Reverse Punch in Walking Stance.

### **No. 2.**

**DEFENCE.....** Left leg back "L" Stance, Middle Inner Forearm Block.  
Right leg back same.  
Left leg back same.

**COUNTER.....** Left leg steps across, slide in Right Knife Hand Strike in "L" Stance.

**No. 3.**

**DEFENCE**.....Left leg back "L" Stance, Inward moving Outer Forearm Block.  
Right leg back same.  
Left leg back same.

**COUNTER**....Right Back Fist Strike in "L" Stance.

**No. 4.**

**DEFENCE**.... Left leg back "L" Stance, Middle Inner Forearm Block.  
Right leg back same.  
Left leg back same.

**COUNTER**..... Left leg round into Sitting Stance with Left Hand Measure, Double Punch.

**No. 5.**

**DEFENCE**.... Right leg back "L" Stance, Outward moving Outer Forearm Block.  
Left leg back same  
On the 3rd step - Step into Sitting Stance moving Right leg.

**COUNTER**..... Left Hand Outer Forearm Block, Right Hand Punch to Head or Body,  
Simultaneously

**No. 6.**

**DEFENCE**.... Right leg back "L" Stance, Outward moving Left Knife Hand Block.  
Left leg back same.  
On the 3rd step - Step into Sitting Stance moving Right leg.

**COUNTER**....Left Hand Outward moving Knife Hand Block,  
Right Hand Inward Knife Hand Strike to Neck, simultaneously

**No. 7.**

**DEFENCE**....Right leg back "L" Stance, Outward moving Outer Forearm Block.  
Left leg back same.  
On the 3rd step - Slide back on an angle into "L" Stance, Forearm Guarding Block.

**COUNTER**..... Right leg Front Snap Kick, Double Punch ending in walking stance

**No. 8.**

**DEFENCE**.....Right leg back "L" Stance, Outward moving Left Knife Hand Block.  
Left leg back same.  
On the 3rd step - Slide back on an angle into "L" Stance , Knife Hand Guarding Block.

**COUNTER**..... Right leg Side Kick, Back Fist Strike or knife hand strike in "L" Stance.

**No. 9.**

**DEFENCE**.....Right leg back "L" Stance, Left Hand Palm Heel Pushing Block.  
Left leg back same.  
On 3rd step – block and bring right leg round almost 180degrees in Forearm Guarding Block.

**COUNTER**....Right leg Turning Kick to Middle Section. Follow with Right Knife Hand Strike in Vertical Stance

**No. 10.**

**DEFENCE**....Right leg back "L" Stance, Outward moving Outer Forearm Block.  
Left leg back same.  
On the 3rd step - Slide back on an angle into "L" Stance, Forearm Guarding Block.

**COUNTER**..... Right leg Back Kick, Reverse rigdehand strike ending in walking stance

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