

TWO STEP SPARRING (IBO MATSOKI)

Pre-arranged sparring is practiced to develop - DISTANCE, FOCUS & TIMING against an actual partner.

1. Face partner.

2. Mark your distance.

3. On command 'JUNBI' 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).

5 TO 8 ARE FOR BLACK BELTS ONLY

No. 5.

ATTACK..... Right back kick - Left hand palm strike to the nose.

DEFENCE..... Right leg back in L stance, knife hand waist block with left hand - Step back in Left L stance, Right hand outer forearm inward middle block.

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

No.6.

ATTACK..... Right high turning kick - Step forward into a walking stance, arc-hand throat grab.

DEFENCE..... Left leg back in sitting stance, twin straight forearm block - Step back in right L stance, palm hooking block with left hand.

COUNTER..... Left side kick, pulling on opponents 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 into L stance, twin forearm block. - Step into right L stance knife-hand guarding block (evading kick).

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

No.8.

ATTACK..... Right middle side kick - Spinning knife-hand 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, knife-hand guarding block

COUNTER..... Left X stance, back fist strike.

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