



5th Kup - Blue Tag 2 Step Sparring - Ibo Matsoki

Attacking and Defending

The attacker starts by making a forearm guarding block with right leg back in L stance and makes a kihap. The defender, in parallel ready stance, then kihaps back to show they are ready to begin.

At 5th Kup level you must learn and be able to demonstrate 2 Step Sparring numbers 1 to 4.

Number 1

Attacker: Move your right leg forward into walking stance, make a high section obverse puch.

Defender: Move your right leg back into walking stance, make a forearm rising block.

Attacker: Make a low front snap kick (*Ap Cha Busigi*) with your left leg, land left leg forward in walking stance.

Defender: Move your left leg back into walking stance, make a X fist pressing block (*Kyocha Joomuk Noollo Makgi*). To counter make a twin vertical punch (*Sang Sewo Jirugi*) to your opponent's face.

Number 2

Attacker: Move your right leg forward into fixed stance, make a side punch (*Yop Jirugi*).

Defender: Move your right leg back into L stance, make an upward palm block (*Sonbadak Ollyo Makgi*).

Attacker: Make a turning kick with your left leg, land left leg forward in walking stance.

Defender: Move your left leg back into L stance, make an outer forearm waist block (*Bakat Palmock Hori Makgi*) with your right arm. To counter slide your right leg forward and make a side elbow thrust (*Yop Palkup Tulgi*) to your opponent's abdomen.

Number 3

Attacker: Make a front kick with your right leg, land right leg forward in walking stance.

Defender: Move your right leg back into walking stance, make a X fist pressing block.

Attacker: Move your left leg forward into walking stance, make a twin vertical punch.

Defender: Move your left leg back into walking stance, make an outer forearm wedging block. To counter make a left knee kick (*Moorup Chagi*) to your opponent's solar plexus, as you make the kick pull your opponents shoulders forwards and downwards. Land left leg back in L stance, guard up.

Number 4

Attacker: Move your right leg forward into walking stance, make a flat fingertip thrust (*Opun Sonkut Tulgi*).

Defender: Move your right leg back into walking stance, make a knifehand rising block.

Attacker: With your left leg make a side kick.

Defender: Move your left leg back into L stance, make an inward palm block. To counter make a front snap kick with your right leg to your opponent's coccyx, land in walking stance and make a twin upset punch (*Sang Dwijibo Jirugi*) towards your opponent's kidneys.