



6th Kup - Green Belt

3 Step Sparring - Sambo Matsoki

At 6th Kup level you must learn and be able to demonstrate 3 Step Sparring numbers 8 to 10.

Only the defence moves are shown below.

Number 8

- 1: Move your right leg back into L stance make a middle section knife hand block to the inside.
- 2: Move your left leg back into L stance make a middle section knife hand block to the inside.
- 3: Slide back to the right at 45 degrees, your right leg should be back and you should be in L stance, make a knife hand guarding block (*sonkal daebi makgi*).

Counter: With your back leg make a side kick (*yop chagi*) towards your opponents mid section land in L stance and make a right knife hand strike to your opponents neck.

Number 9

- 1: Move your right leg back into L stance make a palm pushing block (*sonbadak miro makgi*) to the outside.
- 2: Move your left leg back into L stance make a palm pushing block to the outside.
- 3: Move your right leg back and continue sliding your leg back 45 degrees to the left diagonal into L stance make a palm pushing block to the outside.

Counter: Make forearm guarding block and with your back leg perform a turning kick (*dollyo chagi*) to your opponents mid section, land in vertical stance (*soojik sogi*) and make a knife hand strike to the back of your opponents neck.

Number 10

- 1: Move your right leg back into L stance make a knife hand block to the inside.
- 2: Move your left leg back into L stance make a knife hand block to the inside.
- 3: Slide back to the right at 45 degrees, your right leg should be back and you should be in L stance, make a knife hand guarding block.

Counter: With your back leg make a reverse side kick (*bandae yop chagi*) towards your opponents mid section land in walking stance and make a reverse knife hand strike (*sonkal dung taerigi*) to your opponents philtrum.

3 Step Semi Free Sparring - Ban Jayoo Matsoki

At 6th Kup level you must be able to demonstrate 3 Step Semi Free Sparring.

3 Step Semi Free Sparring uses advanced techniques made up by the student to demonstrate focus, distance and timing in preparation for free sparring.

Attack and Defence

To begin the attack make a forearm guarding block in L Stance with your right leg back and make a kihap. The defender then makes a kihap.

The attacker then performs three attacks going forward.

The defender will defend each attack in the method which they see fit.

At the end of the three attacks the defender makes a counter attack with a kihap.