



7th Kup - Green Tag

3 Step Sparring - Sambo Matsoki

At 7th Kup level you must learn and be able to demonstrate 3 Step Sparring numbers 5 to 7.

Only the defence moves are shown below.

Number 5

1: Move your right leg back into L stance make an outer forearm middle block to the inside.

2: Move your left leg back into L stance make an outer forearm middle block to the inside.

Counter: Do not move back again, slide your right leg 45 degrees outward into sitting stance, make an outer forearm middle block to the inside and at the same time make a punch towards your opponents jaw with your other hand.

Number 6

1: Move your right leg back into L stance make a knife hand block (*sonkal makgi*) to the inside.

2: Move your left leg back into L stance make a knife hand block to the inside.

Counter: Do not move back again, slide your right leg 45 degrees outward into sitting stance, make a middle section knife hand block to the inside and at the same time make an inward moving knife hand strike (*anuro sonkal taerigi*) to your opponents neck with your other hand.

Number 7

1: Move your right leg back into L stance make an outer forearm middle block to the inside.

2: Move your left leg back into L stance make an outer forearm middle 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 forearm guarding block (*palmok daebi makgi*).

Counter: Perform a right leg front kick (*ap chagi*), land in walking stance and make a double punch. Aim both attacks at your opponents mid section.