



8th Kup - Yellow Belt

3 Step Sparring - Sambo Matsoki

Q. Why do we practise 3 Step Sparring? A. To practise focus, distance and timing.

Measuring

Before the series of attacks begins, the student who is first to attack must measure the correct distance from their opponent. To do this the attacker must step into right walking stance with their arm out in the position of a middle section obverse punch. The punching hand must be just in front of the opponent without touching. After the attacker has made and corrected their measurement they must return to parrallel ready stance.

Attacking and Defending

The attacker starts by making a left arm low section outer forearm block in left walking stance and makes a kihap. The defender, in parallel ready stance, then kihaps back to show they are ready to begin. The attacker performs three middle section obverse punches in walking stance, going forward on each punch. The attack is always the same, only the defence moves change.

At 8th Kup level you must learn and be able to demonstrate 3 Step Sparring numbers 1 to 4.

Only the defence moves are shown below.

Number 1

- 1: Move your right leg back into walking stance make an inner forearm middle block (*an palmok makgi*) to the inside.
 - 2: Move your left leg back into walking stance make an inner forearm middle block to the inside.
 - 3: Move your right leg back into walking stance make an inner forearm middle block to the inside.
- Counter: On the spot make a reverse punch (*bandae jirugi*) to the solar plexus.

Number 2

- 1: Move your left leg back into L stance (*niunja sogi*) make an inner forearm middle block to the outside.
 - 2: Move your right leg back into L stance make an inner forearm middle block to the outside.
 - 3: Move your left leg back into L stance make an inner forearm middle block to the outside.
- Counter: Move your back leg to the left, bring your front leg to your back leg then position your front leg so you are in L stance, make a knife hand strike (*sonkal taerigi*) to your opponent's neck.

Number 3

- 1: Move your left leg back into L stance make an inwards moving outer forearm block (*anuro bakat palmok makgi*) to the inside.
 - 2: Move your right leg back into L stance make an inwards moving outer forearm block to the inside.
 - 3: Move your left leg back into L stance make an inwards moving outer forearm block to the inside.
- Counter: On the spot make a back fist strike to your opponents nose (*dung joomuk ap taerigi*).

Number 4

- 1: Move your left leg back into L stance make an inner forearm middle block to the outside.
 - 2: Move your right leg back into L stance make an inner forearm middle block to the outside.
 - 3: Move your left leg back into L stance make an inner forearm middle block to the outside.
- Counter: Move your back leg to the left to make a sitting stance (*annun sogi*) at a 45 degree angle, measure with the left hand to your opponents ribs then make a double punch (*dibo jirugi*).