



TAEKWON-DO

2 Step Sparring

Ibo Matsogi

www.sussextaekwon-do.co.uk

Two Step Sparring

(Ibo Matsoki)

Two step sparring is so named after the number of steps involved in each set of attacking maneuvers. This set sparring has been introduced for students who have advanced to Green Belt level, to provide them with experience of more varied and advanced techniques. The emphasis remains on focus, timing and co-ordination as with previous set sparring maneuvers. It is vitally important that you know the Korean terminology for all the techniques used during this exercise.

Procedure

Both partners stand to attention and bow to each other and then move into junbi position. The attacker steps back Right L stance and shouts. The defender remains in junbi and then shouts to signal when ready, and the attacker proceeds with the techniques in the order as set out below, and always attacks with right leg / arm first. The defender always steps back with their left leg first.

Example Manoeuvre 1

Attack

Step 1: Walking stance, high section obverse punch

Step 2: Middle section front snap kick.

(Gunnun so, nopunde baro jirugi, kaunde ap cha busigi).

Defence

Step 1: Walking stance, rising block (left arm)

Step 2: Low section X block.

(Gunnun so, chookyo makgi najunde kyotcha makgi).

Counter

Step forward into walking stance, twin vertical punch to attacker's face.

(Gunnun so, sang sewo jirugi).

Example Manoeuvre 2

Attack

Step 1: Fixed stance, side punch

Step 2: Middle section turning kick.

(Gojang so, yop jirugi, kaunde dollyo chagi).

Defence

Step 1: Right L stance, palm heel upward block

Step 2: L stance, waist block.

(Niunja so, san badak ollyo makgi, hiro makgi).

Counter

Slide forward into right L stance, right elbow strike.

(Niunja so, palkup taerigi)





Example Manoeuvre 3

Attack

Step 1: Front snap kick

Step 2: Walking stance, twin vertical punch.

(Ap cha busigi, gunnun so, sang sewo jirugi).

Defence

Step 1: Right walking stance, low section X block

Step 2: Walking stance, wedging block.

(Gunnun so, najunde kyocha makgi, hecho makgi).

Counter

Grasp behind attacker`s head and pull down onto knee kick.

(Moorup chagi).

Example Manoeuvre 4

Attack

Step 1: Walking stance, high section flat fingertip thrust

Step 2: Side kick.

(Gunnun so, nopunde opun sonkut tulgi, yop chagi).

Defence

Step 1: Walking stance, rising knifehand block

Step 2: L stance, inward palm heel block.

(Gunnun so, sonkal ollyo makgi, niunja sogi, anaero san badak ollyo makgi).

Counter

Front snap kick to base of spine (left leg), twin upset punch.

(Ap cha busigi, sang dwijibo jirugi).

Example Manoeuvre 5

Attack

Step 1: Back piercing kick (right leg)

Step 2: Walking stance, bearhand strike.

(Dwit cha busigi, gunnun so, gomson taerigi).

Defence

Step 1: Right L stance, palm heel waist block (left hand)

Step 2: L stance, inward outer forearm block.

(Niunja so, san badak hiro makgi, niunja so anaero bakat palmok makgi).

Counter

Slide forward into right walking stance, middle section inward reverse knifehand strike (left hand).

(Gunnun so, kaunde anaero sonkal dung taerigi).

