



TAEKWON-DO

3 Step Sparring

Sambo Matsogi

www.sussextaekwon-do.co.uk

Three Step Sparring *(Sambo Matsoki)*

Three step sparring is so called because each attack consists of three forward steps. It has been evolved so that the student learns to execute the basic movements against an actual opponent. Practice of these set manoeuvres should teach the student an appreciation of **FOCUS, TIMING** and **CO-ORDINATION**.

At the start of each manoeuvre, the attacker steps back into a right walking stance, and execute a low section outer forearm block. The attacker executes the same technique, walking stance middle section obverse punch, three times for each of the following manoeuvres:

Example Defence 1

Stepping backwards into walking stance (right leg back on first block, left leg on second etc), executing middle section inner forearm block to the inside each of the attacking punches. After the third block, execute counter attack of middle section front snap kick with right leg whilst body shifting forward.

Example Defence 2

Stepping backwards into walking stance (right leg back on first block, left leg on second etc), executing middle section outer forearm block to the inside each attacking punches. After the third block, execute counter attack of middle section reverse punch with right hand whilst body shifting forward.

Example Defence 3

Stepping backwards into L stance (right leg back on first block, left leg on second etc), executing knife hand side strike to the outside of each of the attacking punches. After the third block, execute high section knifehand strike to opponent's temple with your right hand, whilst moving front foot forward into walking stance.

