

THREE STEP SPARRING (SAMBO MATSOGI)

#1

- A) Right walking stance with right middle punch, move forward three times...
- D) Left walking stance with left middle inner forearm block, move backward three times.
- C) Right middle reverse punch – stationary.

#2

- A) Right low front snap kick moving forward three times (landing in a walking stance).
- D) Left walking stance with left low outer forearm block moving backward three times.
- C) Left low front snap kick.

#3

- A) Left L-stance with right middle punch moving forward three times.
- D) Right L-stance with left middle inner forearm block moving backward three times.
- C) Right L-stance with left flat fingertip thrust (making a proper L-stance).

#4

- A) Right walking stance with right high punch moving forward three times.
- D) Left walking stance with left outer forearm rising block moving backward three times.
- C) Right high reverse punch- stationary.

#5

- A) Left L-stance with right middle knife hand strike moving forward three times.
- D) Left L-stance with middle knife hand guarding block moving backward three times.
- C) Right middle side piercing kick.

TWO STEP SPARRING (IBO MATSOGI)

Performing at the command of Ibo Matsogi, junbi:

- #1 A) Right walking stance with right middle punch, left low front snap kick.
 D) Left walking stance left inner forearm middle block, stepping back forming a right walking stance right low outer forearm block.
 C) Right low front snap kick.
- #2 A) Right low front snap kick, left walking stance punch.
 D) Left walking stance with left knife hand low block, stepping back into left L-stance with middle knife hand guarding block.
 C) Right middle side piercing kick.
- #3 A) Right high side turning kick, step down into left L-stance with right middle knife hand strike.
 D) Left walking stance with left outer forearm high side block, sliding with the right foot 45 degrees into right L-stance with forearm guarding block.
 C) Right high side turning kick.
- #4 A) Right fixed stance with right middle punch, left high reverse hooking kick.
 D) Slide back forming a right L-stance with forearm guarding block, sidestep with the left foot 90 degrees to the left forming left bending ready stance A.
 C) Right middle side piercing kick.
- #5 A) Left L-stance with right middle knife hand strike, left middle side turning kick.
 D) Left L-stance with knife hand guarding block, move the right foot directly behind the left foot (about one shoulder width) execute a left crescent kick.
 C) 180 mid air back piercing kick.

ONE STEP SPARRING (ILBO MATSOGI)

Performing at the command of Ilbo Matsogi, junbi:

- #1 A) Left walking stance middle obverse punch
 D) Left L-stance middle inner forearm block
 C) Right foot moves back to the left foot, then left middle back piercing kick (KIHAP)

- #2 A) Left L-stance middle reverse punch
 D) Right L-stance middle knife hand guarding block
 C) Left middle side piercing kick (KIHAP)

- #3 A) Left fixed stance middle obverse flat fingertip thrust
 D) Sidestep to the left 90 degrees, left bending ready stance A
 C) Right middle side piercing kick (KIHAP)

- #4 A) Left L-stance right high back fist side strike
 D) Slide 45 degrees to right, left L-stance middle forearm guarding block
 C) Left high 180 reverse hooking kick (KIHAP)

- #5 A) Right L-stance middle knife hand strike
 D) Right L-stance middle inner forearm block
 C) Left high side turning kick (KIHAP)