

TWO STEP SPARRING - IBO MATSOKI

Ready stance for the attacker is right leg back *niunja so palmok daebi makgi* (L stance forearm guarding block).

Ready stance for the defender is *narani junbi sogi* (parallel ready stance).

1. ATTACK – 1) Step forward *gunnun so, nopundae ap joomuk jirugi*
(Walking stance, high section punch),
2) *Ap cha busigi* (front kick).

DEFENCE – 1) Right leg back *gunnun so, Chookyo makgi*
(Walking stance, rising block).
2) Left leg back *gunnun so, kyocha joomuk makgi*
(Walking stance, 'X' fist pressing block).

COUNTER - *Sang Sewo Jirugi* (twin vertical punch).

2. ATTACK – 1) Step forward *Gojung so, ap joomuk yop jirugi*
(Fixed stance side punch)
2) *Dollyo chagi* (turning kick).

DEFENCE – 1) Right leg back *niunja so, sonbadak ollyo makgi*
(‘L’ stance, upward palm block),
2) Left leg back *niunja so, hori makgi*
(‘L’ stance, waist block).

COUNTER - Slide forward into *niunja so, yop palkup*
(right ‘L’ stance, right side elbow).

3. ATTACK – 1) Step forward *Ap chagi*,
(Front kick)
2) *Sang sewo jirugi*
(Twin vertical punch).

DEFENCE – 1) Right leg back *gunnun so, najunde so kyocha joomuk makgi*
(walking stance, ‘x’ fist pressing block),
2) Left leg back *gunnun so, hechyo makgi*
(walking stance, outer forearm wedging block).

COUNTER - *Moorup chagi*
(Knee kick, at the same time pulling opponents shoulders)

4. ATTACK – 1) Step forward right leg *gunnun so*, *Opun-sonkut tulgi*,
(Walking stance falt fingertip thrust)
2) *Yop chagi* (side kick)

DEFENCE – 1) Right leg back *gunnun so*, *sonkal Chookyo makgi*
(Walking stance, knife-hand rising block),
2) Left leg back *niunja so*, *sonbadak anuro makgi*
(‘L’ stance inward palm block).

COUNTER - *Ap chagi* (Front kick to coccyx)
Doo dwijibo jirugi (Twin upset punch to kidneys).