

## 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 jurigi* (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).