

Sambo Matsoki  
(Three Step Sparring)

All attacking is stepping forward 3 times *gunnun so kaunde ap joomuk jurigi* (walking stance middle punch).

When attacking do not anticipate the block, always punch to the centre of the body.

All blocking is middle section.

Ready stance for the attacker is right leg back *gunnun so najunde bakat palmok magki* (walking stance outer forearm low block).

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

1. (i) Right leg back *gunnun so an palmok magki* (walking stance inner forearm block).

(ii) Step back *gunnun so an palmok magki*.

(iii) Step back *gunnun so an palmok magki*.

Counter attack: *gunnun so kaunde bandae ap joomuk jurigi* (walking stance middle reverse punch).

2. (i) Left leg back *niunja so an palmok magki* (L stance inner forearm block).

(ii) Step back *niunja so an palmok magki*.

(iii) Step back *niunja so an palmok magki*.

Counter attack: *niunja so sonkal yop terigi* (L stance knife hand side strike), aimed at the opponents right hand floating rib.

3. (i) Left leg back *niunja so bakat palmok annuro magki* (L stance outer forearm inward block).

(ii) Step back *niunja so bakat palmok annuro magki*

(iii) Step back *niunja so bakat palmok annuro magki*

Counter attack: *niunja so dung joomuk nero terigi* (L stance backfist downward strike).

4. (i) Left leg back *niunja so bakat palmok magki* (L stance outer forearm block).

(ii) Step back *niunja so bakat palmok magki*.

(iii) Step back *niunja so bakat palmok magki*.

Counter attack: move the left foot to form *annun sogi* (sitting stance), using the left arm to judge the correct distance, then perform *doo jurigi* (double punch), right hand first.

5. (i) Right leg back *niunja so bakat palmok magki* ~ stance outer forearm block).

(ii) Step back *niunja so bakat palmok magki*.

(iii) See counter attack.

Counter attack: move the right foot to form *annun sogi* at the same time simultaneously performing *bakat palmok magki* to the third punch and *ap joomuk jurigi* to the opponents temple.

The starting position for the hands is as follows, the right hand punch starts from the waist - palm upwards, whilst the left hand block starts from on top of the right fist also palm upwards.

6. (i) Right leg back *niunja so sonkal makgi* (L stance knife hand block).  
(ii) Step back *niunja so sonkal makgi*.  
(iii) See counter attack.

Counter attack: move the right foot to form *annun sogi* at the same time simultaneously performing *sonkal makgi* to the third punch and *sonkal annuro terigi* (knife hand inward strike) to the opponents neck.

The starting position for the hands is the same as for a knife hand strike but the inner hand (left hand) forms a block and the outer hand (right hand) forms the inward strike.

7. (i) Left leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).  
(ii) Step back *niunja so sonbadak annuro makgi*  
(iii) Step back *niunja so sonbadak annuro makgi*

Counter attack: Slide towards the opponent to form a right *niunja sogi* facing away from the opponent whilst looking over the right shoulder and performing *dwit palkup tulgi* (back elbow thrust) to the floating rib.

8. (i) Left leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).  
(ii) Step back *niunja so sonbadak annuro makgi*  
(iii) Step back *niunja so sonbadak annuro makgi*

Counter attack: pivot on the right foot to form a left *niunja sogi* whilst looking over the left shoulder and executing a *dwit palkup tulgi* (back elbow thrust) to the solar plexus.

9. (i) Right leg back *niunja so sonkal makgi* (L stance knife hand block).  
(ii) Step back *niunja so sonkal makgi*.  
(iii) See counter attack.

Counter attack: Step back and slide into a right *niunja sogi palmok daebi makgi* (L stance forearm guarding block). Stepping forward execute *ap cha busigi doo jurigi* (front snap kick double punch) and land in *gunnun sogi*.

10. (i) Left leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).  
(ii) Step back *niunja so sonbadak annuro makgi*  
(iii) See counter attack.

Counter attack: Step back and slide into a left *niunja sogi palmok daebi makgi* (L stance forearm guarding block). Stepping forward execute a *yop chagi* (side kick) lower the left foot to the floor and bring the right foot to the left foot to form *moa sogi* (close stance) whilst executing a *sonkal yop terigi* to the opponent's neck.

11. (i) Right leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).  
(ii) Step back *niunja so sonbadak annuro makgi*  
(iii) See counter attack.

Counter attack: Step back and slide to your left side into a right *niunja sogi palmok daebi makgi* (L stance forearm guarding block). Stepping forward execute a *dollyo chagi* (turning kick) under the opponents arm, lower the right foot to the floor and bring the left foot to the right foot to form *moa sogi* (close stance) whilst executing a *dung joomuk yop terigi* to the side of the opponent's head.

Note: On numbers 10 and 11, either hand counter attack may be used i.e. *sonkal yop terigi* on number 11 and *dung joomuk yop terigi* on number 10.