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**THREE STEP SPARRING (SAMBO MATSOKI)**

DEFENCES START FROM PARALLEL READY STANCE

ATTACK STARTS WITH WALKING STANCE LOW BLOCK, 3 MID SECTION PUNCHES

**1. Right leg back walking stance**, middle inner forearm block to the inside three times.

**Counter Attack** = Reverse punch

**2. Left leg back 'L' stance,** middle inner forearm block to the outside three times

**Counter Attack** = Move the left leg forward 45 degrees, move the right leg behind the opponent’s front leg into a left 'L' stance, and execute a right knife hand strike to the neck.

**3. Left leg back 'L' stance**, middle inward outer forearm block to the inside three times.

**Counter Attack** = Slide forward in a left 'L' stance and execute a right front backfist strike to the face.

**4. Left leg back 'L' stance,** middle inner forearm block to the outside three times.

**Counter Attack** = Move the left leg into a sitting stance, focus with a left hand, execute a double punch.

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**THREE STEP SPARRING (SAMBO MATSOKI)**

DEFENCES START FROM PARALLEL READY STANCE

ATTACK STARTS WITH WALKING STANCE LOW BLOCK, 3 MID SECTION PUNCHES

**5. Right leg back 'L' stance,** middle outer forearm block on the inside two times.

**Counter Attack** = Move the right leg into a sitting stance parallel to the opponent.

Execute a left outer forearm block and a high section punch simultaneously.

**6. Right leg back 'L' stance**, middle knife hand block to the inside two times.

**Counter Attack** = Move right leg to form a sitting stance parallel to opponent,

execute a left outer knife hand guard and a high inward knife hand strike to the neck.

**7. Right leg back 'L' stance**, middle outer forearm block on the inside two times.

**Counter Attack** = Move right foot to left foot, pushing off left foot slide back at a 45-degree angle into a right 'L' stance (Right Leg back) with a forearm guarding block

Execute a right leg front kick landing in a right walking stance double punch.

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**THREE STEP SPARRING (SAMBO MATSOKI)**

DEFENCES START FROM PARALLEL READY STANCE

ATTACK STARTS WITH WALKING STANCE LOW BLOCK, 3 MID SECTION PUNCHES

**8. Right leg back 'L' stance**, middle knife hand block on the inside two times.

**Counter Attack** = Move right foot to left foot, pushing off left foot slide back at a 45-degree angle into a right 'L' (Right leg back) stance with a knife hand guarding block.

Execute a right leg side kick landing in left 'L' stance, right knife hand strike to the neck.

**9. Right leg back 'L' stance**, middle palm pushing block to the outside three times.

**Counter Attack** = Slide back at a 45-degree angle to the outside of your opponent into a right 'L' stance with a knife hand guarding block.

Execute a right mid-section turning kick (R leg) put the kicking foot behind the opponent's front foot landing in vertical stance while executing a

knife hand strike to the neck.

**10. Right leg back 'L' stance**, middle knife hand block to the inside two times.

**Counter Attack** = Move right foot to left foot pushing off left foot, slide back at a 45-degree angle into a right 'L' (R Leg Back) stance with a knife hand guarding block.

Execute a reverse side kick (R Leg), land in a right walking stance whilst executing a left hand reverse knife hand strike to the philtrum or neck.

**THREE STEP SEMI-FREE SPARRING (BAN JAYOO MATSOKI)** **BASIC**

Attacking students start in **L stance, guarding block**. Defending students start in a parallel stance.

**Attack** = Kicking with back leg first, front kick, side kick, turning kick.

**Defence** = Any block suitable for each individual kick.

**Counter** = Reverse punch.

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**TWO STEP SPARRING (IBO MATSOKI)**

Attacker starts **right leg** back, forearm guarding block.

**1. Attack =** High punch (R Fist), front kick (L Leg).

**Defence** = **Right leg back, walking stance**, rising block (R Arm). Right leg back, walking stance X fist pressing block.

**Counter** = Twin vertical punch.

**2. Attack =** Right leg forward into fixed stance, Side punch, turning kick (L Leg)

**Defence** = **Right leg back, L stance**, upward palm block. Left leg back, L stance, waist block.

**Counter** = Slide forward into a right L stance, right side elbow.

**3. Attack** = Front kick (R Leg), step forward (L Leg),twin vertical punch.

**Defence** = **Right leg back, walking stance**, X fist pressing block. Left leg back, walking stance, outer forearm wedging block.

**Counter** = Knee kick (L Leg) at the same time pull opponent's shoulders.

**4. Attack** = Flat fingertip thrust (R Hand), side kick (L Leg).

**Defence** = **Right leg back, walking stance,** knife hand rising block (L Hand). Left leg back, L stance, inward palm block (R Hand). Pushing opponent round to show back.

**Counter** = Front kick to coccyx (L Leg), twin upset punch to kidneys.

**THREE STEP SEMI-FREE SPARRING (BAN JAYOO MATSOKI)**  **INTERMEDIATE**

Attacking students start in **L stance, guarding block.** Defending students start in a parallel stance.

**Attack** = Kicking with back leg first, any kick (in any order) from the following: front kick, side kick, turning kick, reverse side kick.

**Defence** = Any block suitable for each individual kick.

**Counter** = Any hand attack.

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**TWO STEP SPARRING (IBO MATSOKI)**

Attacker starts **right leg back**, forearm guarding block.

**5. Attack** = Right leg Reverse Side kick, left walking stance, step forward (L Leg) high . palm strike.

**Defence** = **Right leg back into L stance**, palm waist block (L Hand) left Leg back to L stance, inward outer forearm block (R Arm).

**Counter** = Shift to right walking stance, left reverse knife hand, middle inward strike (slipping right foot).

**6. Attack** = Right leg high turning kick, left forward to walking stance arc-hand. . strike.

**Defence** = **Move left foot back diagonally** to sitting stance twin straight forearm block, right leg back to L stance, palm hooking block (grabbing the arm).

**Counter** = Left leg side kick (still holding grabbed arm).

**7. Attack** = Right fixed stance, side fist side strike (R Fist), left leg middle **reverse** turning kick.

**Defence** = **Left Leg Back, L stance**, twin forearm block, right leg back to L stance forearm guarding block (sliding away using block as guard only).

**Counter** = Right leg high **reverse** turning kick.

**8. Attack** = Right leg middle side kick, step down and pivot to right L stance, knife hand high strike (turning anti clockwise).

**Defence** = **Right leg back, L stance**, inward inner forearm waist block, right L stance knife hand guarding block (**double stepping**).

**Counter** = Forward to Left X stance, high backfist side strike

**THREE STEP SEMI-FREE SPARRING (BAN JAYOO MATSOKI) ADVANCED**

Attacking students start in **L stance**, guarding block.

Defending students start in a parallel stance.

Please note: the attacker starts with either leg back every time.

**Attack** = Stepping forward, execute Any three techniques (hand or foot).

**Defence** = Any block suitable for each individual technique.

**Counter** = Any hand or foot technique