



# **Sutton Schools of Tae Kwon-Do**

## **2-Step Sparring (ibo Matsoki)**

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# 2-Step Sparring (Ibo Matsoki)

## 2-Set Sparring (Ibo Matsoki)

### Background

Set sparring assists a student in developing:

- ✓ Timing
- ✓ Distance
- ✓ Focus
- ✓ Techniques – blocks, kicks etc.

### Purpose

2-Step Sparring involves a more complex set of attacks as well as defences. This enables the student to practise a varied range of techniques at speed and is one step closer to free sparring.

### Grading Requirements

**Blue Stripe Belt (5<sup>th</sup> Kup)** : Step Sparring **1** to **4**

**Blue Belt (4<sup>th</sup> Kup)** : Step Sparring **5** to **8** (Students should now know all 2 Step Sparring **1 – 8**)

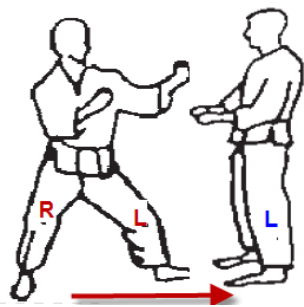
From Sparring Step 5 onwards the attacker and defender decide what combinations to make. The attacker continues to make 3 attacks with a reverse side kick as a compulsory move in each combination

**This document is intended as a guide and should not replace regular training with your instructor. Remember practise makes perfect!**

# 2-Step Sparring (Ibo Matsoki)

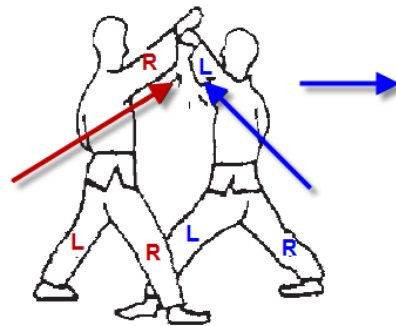
## 1 Step Sparring 1

### 1. Ready Stance

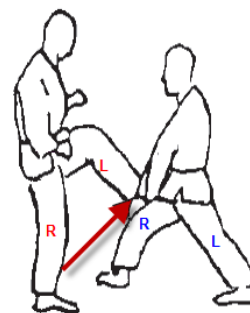


2. **Attacker:** Steps forward into a right walking stance high obverse fore-fist punch. (*Gunnan sogi nopunde baro ap joomuk jirugi*).

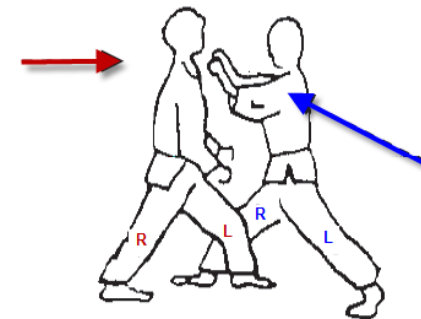
3. **Defender:** Step back into right walking stance obverse rising block with the left arm. (*Gunnan saibaro chookyo makgi*).



4. **Attacker:** Step forward performing a low front smash kick from the back leg (left), landing in walking stance twin low section block. This is not blocking anything; it just makes everything look tidy.



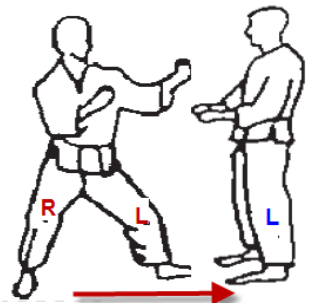
5. **Defender:** Step back into a right walking stance performing an x-fist pressing block. (*Gunnan soon kyocha joomuk noollo makgi*). Counter by raising the back heel from the floor and landing it as you perform a high twin vertical punch, (*Nopunde sang sewo jirugi*). *Kihap* on this technique.



# 2-Step Sparring (Ibo Matsoki)

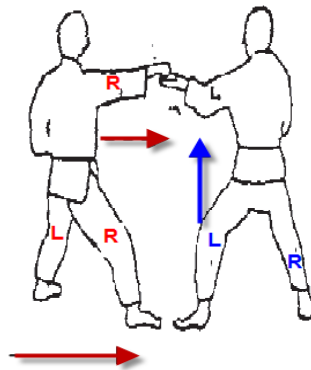
## 2 Step Sparring 2

### 1. Ready Stance

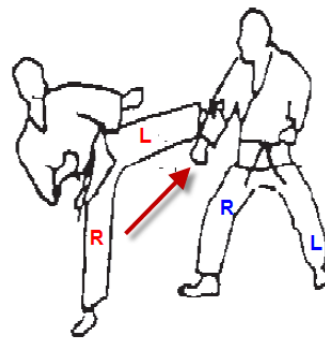


2. **Attacker:** Step forward into a right fixed stance while performing a middle fore-fist side punch. (*Gojung so kaunde ap joomuk yop jirugi*).

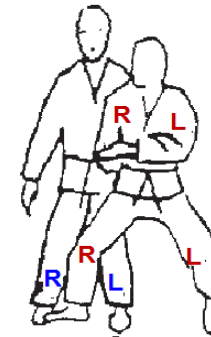
3. **Defender:** Step back assuming a right L-stance performing a palm upwards blocks with the left hand. (*Ninunja so ollyo sonbadak makgi*).



4. **Attacker:** Bring the back leg round and perform a middle turning kick landing in a right L-stance.



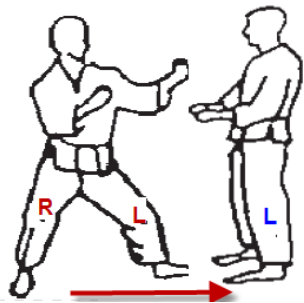
5. **Defender:** Step backwards into a left L-stance performing a waist block (*Hori makgi*). Counter by sliding to the opponent forming a right fixed stance performing a right back elbow thrust to the solar plexus, (*Gojung so orun dwit palkup tulgi*). *Kihap* on the elbow.



## 2-Step Sparring (Ibo Matsoki)

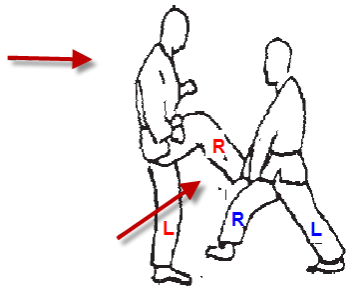
### 3 Step Sparring 3

1. Ready Stance

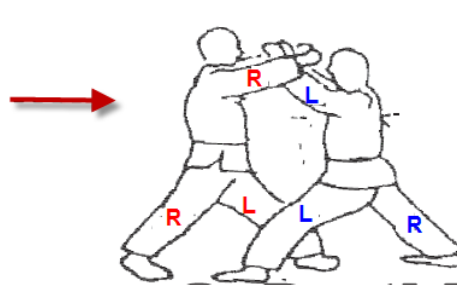


2. **Attacker:** Step forward performing a low front snap kick with the right leg, landing in walking stance twin low block.

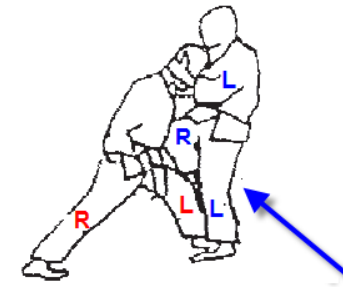
3. **Defender:** Step backwards forming a left walking stance whilst performing an x-fist pressing block.



4. **Attacker:** Step forward into a left walking stance, high twin vertical punch.



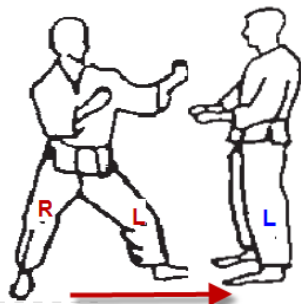
5. **Defender:** Step backwards forming a left L-Stance, high wedging block, (*Niunja so nopunde hechyo makgi*). Counter by slipping the front (right) leg forwards into a walking stance simultaneously grabbing the head with both palms. Then pull the head down as you execute an upwards kick with the knee (*Ollyo moorup chagi*) to the solar plexus (*Myong Chi*). *Kihap* on the knee.



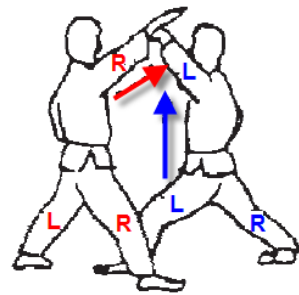
## 2-Step Sparring (Ibo Matsoki)

### 4 Step Sparring 4

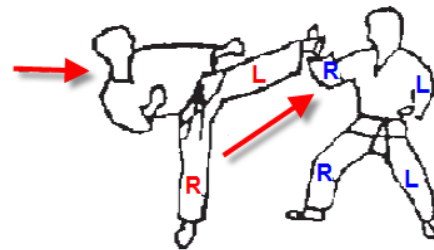
#### 1. Ready Stance



2. **Attacker:** Step forward into a right walking stance high flat fingertip thrust. (*Gunnan so nopunde opun sonkut tulgi*).

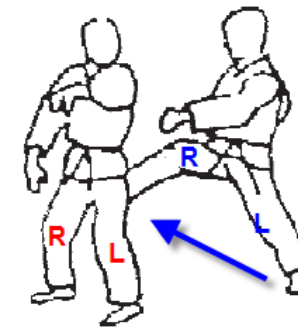


3. **Defender:** Step back into a left walking stance performing an obverse rising block with the knife-hand.



4. **Attacker:** Step forwards, performing a middle side piercing kick from the back leg, to the opponent's shoulder.

5. **Defender:** Step back into a left L-stance while performing a right inward outer forearm block to the side piercing kick, knocking the opponent round so that they now face away from you on a 45 degree angle.



6. **Defender:** Counter by performing a low front snap kick from the back (left) leg to the base of the spine, the coccyx. Land in a right walking stance performing twin upset punch to the kidneys, (*Gunnan so sang dwijibo jirugi*). *Kihap* on this, and make sure your head is clear of being elbowed by the attacker

