

Sparring



[Three Step Pre-set Sparring](#) | [Two Step Pre-set Sparring](#)

* Abbreviations: W.S. Walking Stance, L.S. L-Stance, S.S. Sitting Stance

Three Step Pre Set Sparring - **Sambo Matsogi** (1 to 4)

No.	Attacker	Defender
1	Right W.S. Obverse Punch Left W.S. Obverse Punch Right W.S. Obverse Punch	Left W.S. Inner Forearm Middle Side Block Right W.S. Inner Forearm Middle Side Block Left W.S. Inner Forearm Middle Side Block Left W.S. Reverse Punch
2	Right W.S. Obverse Punch Left W.S. Obverse Punch Right W.S. Obverse Punch	Right W.S. Inner Forearm Middle Side Block Left W.S. Inner Forearm Middle Side Block Right W.S. Inner Forearm Middle Side Block Step Out to Left Sitting Stance Single Punch
3	Right W.S. Obverse Punch Left W.S. Obverse Punch Right W.S. Obverse Punch	Left L.S. Knifehand Middle Side Block Right L.S. Knifehand Middle Side Block Left L.S. Knifehand Middle Side Block Slide in Left L-Stance Middle Knifehand Strike
4	Right W.S. Obverse Punch Left W.S. Obverse Punch Right W.S. Obverse Punch	Sitting Stance Inward Block (inside) Sitting Stance Inward Block (inside) Sitting Stance Inward Block (inside) Slide in Right L-Stance Side Elbow Thrust

Three Step Pre Set Sparring - **Sambo Matsogi** (5 to 9)

No.	Attacker	Defender
5	Right W.S. Obverse Punch Left W.S. Obverse Punch Right W.S. Obverse Punch	Right L.S. Knifehand Guarding Block Left L.S. Knifehand Guarding Block Left W.S. Inward Knifehand Strike & Block
6	Right W.S. Obverse Punch Left W.S. Obverse Punch Right W.S. Obverse Punch	Right L.S. Knifehand Guarding Block Left L.S. Knifehand Guarding Block Slide Back Right L.S. Knifehand Guarding Block Right Low Front Smashing Kick landing into: Right W.S. Inward Knifehand Strike & Block
7	Right W.S. Obverse Punch Left W.S. Obverse Punch Right W.S. Obverse Punch	Right L.S. Knifehand Guarding Block Left L.S. Knifehand Middle Side Block Slide out (to right) Right L.S. Knifehand Guarding Block Right Side Piercing Kick / S.S. Knifehand Strike
8	Right W.S. Obverse Punch Left W.S. Obverse Punch Right W.S. Obverse Punch	Right L.S. Knifehand Guarding Block Left L.S. Knifehand Guarding Block Slide out (to right) Left L.S. Knifehand Guarding Block Left Side Piercing Kick / S.S. Knifehand Strike
9	Right W.S. Obverse Punch Left W.S. Obverse Punch Right W.S. Obverse Punch	Right L.S. Knifehand Guarding Block Left L.S. Knifehand Guarding Block Slide out (to left) Left L.S. Knifehand Guarding Block Left Turning Kick / Right L.S. Backfist Strike