



Sparring

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

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

Two Step Pre Set Sparring - Ibo Matsogi (1 - 4)

No.	Attacker	Defender
1	Right W.S. Obverse Punch Left Front Smashing Kick	Left W.S. Inner Forearm Middle Block Right W.S. X Fist Pressing Block Right W.S. Twinfist Vertical Punch
2	Left L.S. Reverse Punch Left Turning Kick	Right L.S. Palm Inward Middle Block Left L.S. Outer Forearm Waist Block Right L.S. Side Elbow Thrust
3	Right Front Smashing Kick Left W.S. Twin Vertical Punch	Right W.S. X Fist Pressing Block Left W.S. Wedging Block Grab Head with both hands & Kick to lower abdomen using Right Knee.
4	Right W.S. Flat Fingertip Thrust Left Side Piercing Kick	Left W.S. Knifehand Rising Block Left L.S. Palm Inward Block Left Front Smashing Kick / Left W.S. Twinfist Upset Punch

Two Step Pre Set Sparring - Ibo Matsogi (5 - 7)

No.	Attacker	Defender
5	Right Front Smashing Kick Left W.S. Obverse Punch	Right W.S. X Fist Pressing Block Slide out (to left) Right L.S. Forearm Guarding Block Right Turning Kick & Left L.S. Backfist Strike
6	Right F.S. Punch Right Front Reverse Turning Kick	Right L.S. Palm Inward Block Left L.S. Outer Forearm Block Jumping Right Knifehand Strike
7	Left L.S. Knifehand Strike Left Back Piercing Kick	Left L.S. Knifehand Middle Block Right L.S. Knifehand Low Block Jumping Left Knifehand Strike