



WILTSHIRE TAEKWON-DO SCHOOLS

www.wiltshiretaekwondo.com

Samples of 2 step Sparring - (Ibo Matsoki)

Attacker Ready Position is: 'L' Stance Forearm Guarding Block

Attack & Defend Techniques illustrated are taken from the RIGHT HAND Opponent in ALL Cases

1) ATTACK



Attack

A: Right Middle Front Kick

B: Left Walking Stance – Twin Vertical Punch

1) DEFEND



Defence

A: Right Foot Back – Walking Stance – X fist Pressing Block

B: Left leg Back – Walking Stance – Outer Forearm Wedging Block

C: Execute Left Knee Kick – Pulling Shoulders

2) ATTACK



Attack

A: Right Foot Forward – Fixed Stance – Right Obverse Punch

B: Left High Turning Kick

2) DEFEND



Defence

A: Right Foot Back – L Stance – Left Palm Upward Block

B: Left Foot Back – L stance – Right Outer Forearm High Block

C: Slide into Sitting stance – Execute Right Back Elbow.

Samples of 2 step Sparring - Continued

Attacker Ready Position is: 'L' Stance Forearm Guarding Block

Attack & Defend Techniques illustrated are taken from the RIGHT HAND Opponent in ALL Cases

3) ATTACK



Attack

A: Right side Kick

B: Lower Foot – Double step – Right Knife Hand Outward High Strike

3) DEFEND



Defence

A: Right Foot Back – L stance – Left Outer Forearm Waist Block

B: Left Foot Back – L Stance – Right Knife hand High Block

C: Execute Left High Reverse Turning Kick.

4) ATTACK



Attack

A: Right Walking Stance – Straight Finger Tip Thrust

B: Left High Reverse Turning Kick.

4) DEFEND



Defence

A: Right Foot Back – L stance – Alternating Palm Block

B: Left Foot Back – L Stance – Outer Forearm Inward High Block

C: Execute Left Flying Knee Kick.

Samples of 2 step Sparring - Continued

Attacker Ready Position is: 'L' Stance Forearm Guarding Block

Attack & Defend Techniques illustrated are taken from the **RIGHT HAND** Opponent in **ALL** Cases

5) ATTACK



Attack

A: Execute Left Thrusting Kick

(Lower Foot – then Step forward into)

B: Right Walking Stance – Right Knife hand Downward Strike

5) DEFEND



Other Option

Defence

A: Left Foot Back – Right Inner Forearm Inward Waist Block

B: Right Foot Back – Walking Stance – X Knife hand Rising Block

C: Pull hand down, execute Right Punch to Temple, or Downward Kick to Back of Head

6) ATTACK



Attack

A: Slide forward executing Right side Elbow.

B: Turning Anti clockwise – Left Vertical Kick.

6) DEFEND



Defence

A: Slide left to avoid Elbow into Sitting Stance – Palm Pushing Block

B: Duck below the Vertical Kick.

C: Stand up and use right finger pincers to throat and left fore knuckle into small of back, simultaneously and bring opponent to floor on his back.

Other View

