



# WILTSHIRE TAEKWON-DO SCHOOLS

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## Samples of 3 step Sparring - (Sambo Matsoki)

All attacks are:- Walking Stance - Obverse Middle Punch

1)



**A**



**B**



**C**



**C** Front View

**A:** Left foot back – Left 'L' stance – Right Reverse Knifehand – Middle outward outside block.

**B:** Right foot back – Right 'L' stance – Left Reverse Knifehand – Middle outward Outside block.

**C:** Left foot to centre – Right foot forward – Sitting stance – combined with Left Knifehand outward inside Block with Right Knifehand Inward high section strike to temple or neck.

2)



**A:** Left foot back – Left 'L' stance – Right outer forearm – middle outward outside block.



**B:** Right foot back – Right 'L' stance – Left outer forearm – Middle outward Outside block.



**C:** Left foot dodging backwards to Left 'L' stance – forearm guarding block – Left middle section back kick to ribs.



3)



**A:** Right foot back – right 'L' stance – Left Outer forearm – Middle Inward outside block.



**B:** Left foot back – left 'L' stance – Right outer forearm – middle inward outside Block.



**C:** Right foot back – Right 'L' stance – Left outer forearm – Middle Inward outside Block – followed by left foot forward – left walking stance – right reverse knifehand strike, low section strike.



Other View



## Samples of 3 step Sparring - Continued

4)



Leg slightly bend on Target

- A: Left foot backwards – Left 'L' stance – Right inner forearm – Middle outward outside block.**  
**B: Right foot back – Right 'L' stance - left inner forearm – Middle outward outside block.**  
**C: Step left – Right middle section side kick to side of ribs.**  
 (Allow realistic distance to apply the Kick) Straight leg will mean you are too far away from target

5)



- A: Right foot back – Right 'L' stance – Left Palm – Middle inward outside block.**  
**B: Left foot back – Left 'L' stance – Right Palm – Middle inward outside block.**  
**C: Right foot back – Right 'L' stance – Left Palm – Middle inward outside block –  
 Left foot forward – left walking stance – high section right side front punch to face.**

6)



- A: Left foot back – Left 'L' stance – right knifehand – Middle outward outside block.**  
**B: Right foot backward – Right 'L' stance – Left Knifehand – Middle outward outside block.**  
**C: Double step back – Right 'L' stance – forearm guarding block –  
 right turning kick to solar plexus.**