



## 3Step Semi free sparring: (BAN JAYOO MATSOKI)

This form of sparring is designed as a step forward from basic three step sparring. It involves three consecutive attacks and three blocks or evasions, plus a counter attack. Three step semi-free sparring should not be hurried, the secret is reaction force and quick, intelligent movements. This is where the true art of sparring is learnt.

### Starting Position

Attacking students always start in L stance - guarding block. To begin each attack, the student may begin with either leg back

### Defending students start in parallel stance.

Students should Kihap to notify each other that both are ready to begin. The defending student also Kihaps on the counter attack

**BASIC 5<sup>th</sup> kup** - Introduces the student to a more realistic form of set sparring.

**ATTACK:** Middle section front kick, side kick & turning kick

**DEFENCE:** Waist block each kick

**COUNTER:** Reverse punch to the solar plexus

**INTERMEDIATE 3<sup>rd</sup> kup** - Builds on skills needed for basic level. No fixed routines are taught for this level of sparring.

**ATTACK:** A choice of front, side, turning or reverse side kicks at middle section targets

**DEFENCE:** Waist block each kick

**COUNTER:** Any hand technique, appropriate to grade

**ADVANCED 1<sup>st</sup> kup** - Builds on skills needed for intermediate level. No fixed routines are taught for this level if sparring. The choice of technique is left to student, but the technique and skill level should be within your grade. No jumping or flying techniques are allowed on the attack phase.

**ATTACK:** Three hand or foot techniques, or a combination of both of your choice

**DEFENCE:** The defender will defend each technique with appropriate blocking or avoidance manoeuvre.

**COUNTER:** The counter attack can be any hand technique, appropriate to the attack. Jumping and spinning techniques can be used.

