



PRIMARY TAEKWON-DO

Two Step Sparring: (Ibo Matsoki)

Applicable for all senior grade holders.

All attackers start in Right L-stance guarding Block

All defenders start in Parallel ready stance

Measurement is by eye

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| 1 | Attack | Right front snap kick landing in walking ready stance, step forwards forming left walking stance performing a twin vertical punch. |
| | Defence | Right leg back forming x-fist pressing block. Step left leg back into walking stance performing a wedging block. |
| | Counter Attack | Hold the opponents shoulders performing an upward knee kick. |
| 2 | Attack | Right front snap kick land in walking ready stance, step forwards forming left walking stance high section back fist strike. |
| | Defence | Left leg back into L-stance performing low outer forearm block, step right leg back into left walking stance performing a high double forearm block. |
| | Counter Attack | Left fixed stance performing left middle punch. |
| 3 | Attack | Step forwards forming a right walking stance performing right side fist downward strike, Low (belt height) left turning kick landing in a right ready L-stance. |
| | Defence | Right leg back forming a left walking stance rising left rising block. Step left leg back forming a left L-stance- right waist block. |
| | Counter Attack | Keep in a left L-stance, right knife hand strike. |
| 4 | Attack | Right high section turning kick landing in left L-ready stance, step forward forming a left fixed stance – left middle punch. |
| | Defence | Right leg back forming right L-stance – left high outer forearm block. Step left leg back forming left L-stance right middle inward outer forearm block. |
| | Counter Attack | Left middle section turning kick with the knee, landing in ready L stance. |
| 5 | Attack | Step forwards forming a right walking stance- right middle punch, move forward and perform a low side piercing kick. Land in a right ready L - stance. |
| | Defence | Left leg back, forming a right walking stance – right hooking block, step right leg back forming a right L stance – left outer forearm downward block. |
| | Counter Attack | Slip the left leg into a left walking stance perform a right high elbow strike. |