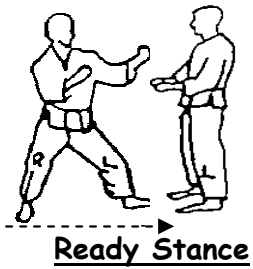
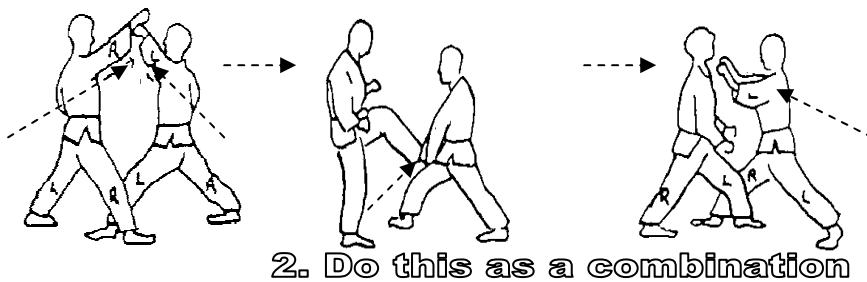


# TWO-STEP SPARRING ( IBO MATSOKI )



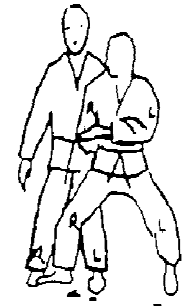
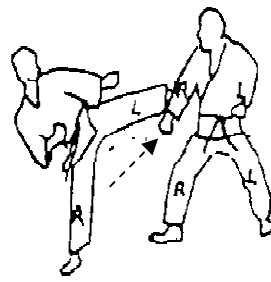
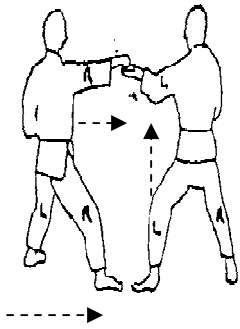
**Ready Stance**



**2. Do this as a combination**

# 1

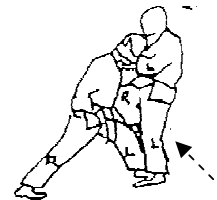
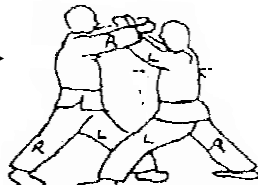
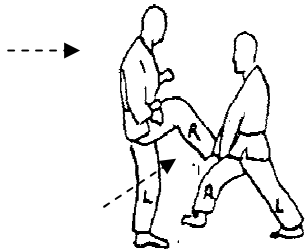
- 1. Attack = (a)** walking stance right high punch **(b)** step performing left front Kick land in walking stance twin block.  
**Defence = (a)** right leg back left high rising block **(b)** step back twin 'X' block  
**Counter =** twin vertical punch.



**2. Do this as a combination**

# 2

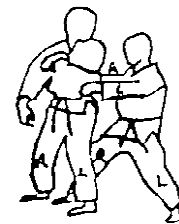
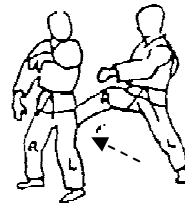
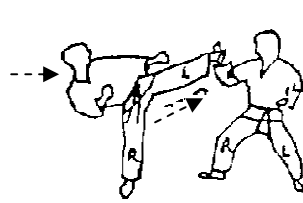
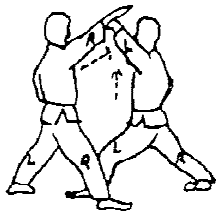
- 2. Attack = (a)** Forward into fixed stance, right arm side punch **(b)** Left leg Middle section turning kick.  
**Defence = (a)** Right leg back into L-stance, left arm palm block  
**(b)** Left leg back into L-stance, right arm waist block  
**Counter =** Slide forward into right L-stance, right arm side elbow



**2. Do this as a combination**

# 3

- 3. Attack = (a)** Right leg front snap kick **(b)** Left leg forward into left walking stance, twin vertical punch  
**Defence = (a)** Left leg back into walking, X fist pressing block **(b)** Right leg back into walking stance, forearm wedging block  
**Counter =** Pull on opponents shoulders, right leg knee kick



**2. Do this as a combination**

# 4

- 4. Attack = (a)** Right leg back into walking stance, flat fingertip thrust **(b)** Left leg middle side piercing kick  
**Defence = (a)** Right leg back into walking stance, left arm knife hand rising block  
**(b)** Left leg back into L-stance, inner moving palm block  
**Counter =** Front kick coccyx, twin upset punch to kidneys.

**IBO MATSOKI:** Two-step sparring develops focus, distance, timing and power. The attacking and defending moves are more varied allowing both attacker and defender to develop various combinations. On the command of Junbi, attackers from right L-stance. On Sijak the combinations are performed.