

## THREE STEP SPARRING (SAMBO MATSOKI) 7.8.9.

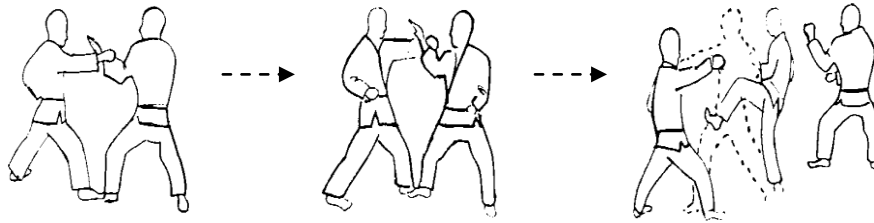
Three Step helps develop the student's focus, Distance & timing.

**ATTACK** = always three middle section obverse punches in walking stance.

**DEFENCE** = as below.



# 7



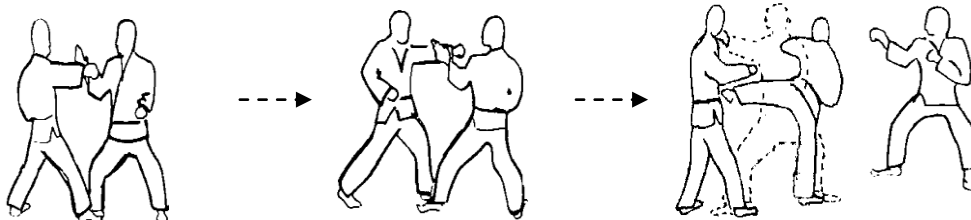
3. Do this as a combination

**7. Defence:** Right leg back 'L' stance, middle outwards knifehand block to the inside two times. Third move slide back at 45 degree angle to the right, forming 'L' stance whilst executing middle knifehand -guarding block.

**Counter:** Right front snap kick, high section double (obverse then reverse) punch in walking stance.

**Target:** Kick: solar plexus / Punches: point of chin.

# 8



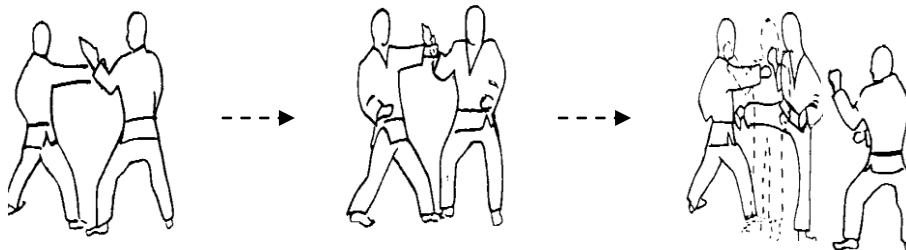
3. Do this as a combination

**8. Defence:** Left leg back 'L' stance, palm heel block to the inside two times. Third move slide back at 45 degree angle to the right forming 'L' stance, executing middle forearm-guarding block.

**Counter :** Left (back leg) middle or high section side piercing kick, left high section knife-hand side strike in 'L' stance.

**Target:** Kick: solar plexus or face / Strike: temple.

# 9



3. Do this as a combination

**9. Defence:** Right leg back 'L' stance, middle inwards palm block to the outside twice. Third move slide right leg back at 45 degree angle to the left forming 'L' stance, middle forearm-guarding block.

**Counter :** Middle section right (back leg) turning kick, high section knife-hand side strike in vertical stance.

**Target:** Kick: solar plexus / Strike: neck or base of skull

**SAMBO MATSOKI:** On the ready command (Junbi), the attacker will move their right foot back into left Walking Stance (Gunnun Sogi) whilst performing a low section outer forearm block with the left arm. The defender at the same time will move the left foot to Parallel Ready Stance (Narani Junbi Sogi). On the command of start (Sijak), the attacker will Kiap (shout to signify readiness). Three-step sparring will then commence.

Three step sparring is a basic exercise which enables the defending student to practice the use of various defending and attacking tools against an appropriate target, whilst also helping to develop their **FOCUS, DISTANCE, & TIMING** which in turn adds up to better **CO-ORDINATION** skills.