

### 3 STEP SPARRING (SAMBO MATSOKI)

1. RIGHT LEG BACK W.S, 3 MIDDLE I/F BLOCKS (L,R,L), RIGHT REVERSE PUNCH
2. LEFT LEG BACK L.S, 3 MIDDLE INNER F/ARM BLOCKS (RL,R), RIGHT K.H.S TO NECK
3. LEFT LEG BACK L.S, 3 INWARD MIDDLE OUTER F/ARM BLOCKS (R,L,R), RIGHT BACKFIST FRONT STRIKE TO NOSE
4. LEFT LEG BACK L.S, 3 MIDDLE O/F BLOCKS (R,L,R) LEFT LEG SLIDES TO SITTING STANCE, BLOCKING ARM REMAINS IN CONTACT WITH OPPONENTS PUNCHING ARM TAKE MEASURE WITH LEFT FIST THEN FAST R,L DOUBLE PUNCH TO FLOATING RIBS (BOTTOM OF RIB CAGE)
5. RIGHT LEG BACK L.S, 2 MIDDLE OUTER F/ARM BLOCKS (L,R) SLIDE RIGHT FOOT OUT TO SITTING STANCE, LEFT MIDDLE O/F BLOCK / RIGHT HIGH PUNCH
6. RIGHT LEG BACK L.S, 2 MIDDLE K/H BLOCKS (L,R), SLIDE RIGHT FOOT OUT TO SITTING STANCE, LEFT MIDDLE K/H / RIGHT INWARD KH STRIKE TO NECK
7. RIGHT LEG BACK L.S, 2 MIDDLE OUTER F/ARM BLOCKS (L,R), SLIDE RIGHT FOOT OUT TO L STANCE, FAGB, RIGHT MIDDLE FRONT KICK, R,L DOUBLE PUNCH
8. RIGHT LEG BACK L.S, 2 K/H BLOCKS (L,R), SLIDE RIGHT FOOT OUT TO L STANCE, FAGB, RIGHT MIDDLE SIDE KICK, RIGHT BACKFIST TO NOSE
9. RIGHT LEG BACK L.S, 3 INWARD PALM BLOCKS (L,R,L), PIVOT ON LEFT FOOT, RIGHT MIDDLE TURNING KICK, DROP RIGHT FOOT FORWARD, BRING LEFT FOOT UP TO VERTICAL STANCE, RIGHT KHS TO COLLAR BONE
10. RIGHT LEG BACK L.S, 2 MIDDLE KH BLOCKS (L,R), SLIDE RIGHT FOOT TO L STANCE, FAGB, RIGHT MIDDLE BACK KICK, REVERSE KHS TO PHILTRUM IN WALKING STANCE

## 2 STEP SPARRING (IBO MATSOKI)

1. ATTACK: HIGH PUNCH, FRONT KICK

DEFENCE: LEFT 1ST, RIGHT RISING BLOCK (WS), LEFT FWD X FIST PRESSING BLOCK THEN HIGH TWIN VERTICAL PUNCH (WS)  
(CAN BE DONE BOTH SIDES)

2. ATTACK: FIXED STANCE RIGHT SIDE PUNCH, LEFT MIDDLE TURNING KICK

DEFENCE: RIGHT 1ST, LEFT UPWARD PALM BLOCK (LS), RIGHT MIDDLE WAIST BLOCK (LS), RIGHT SIDE ELBOW (LS)

3. ATTACK: RIGHT MIDDLE FRONT KICK, LEFT FWD TWIN VERTICAL PUNCH (WS)

DEFENCE: RIGHT 1ST, LEFT FWD X FIST PRESSING BLOCK, RIGHT FWD OUTER FOREARM WEDGING BLOCK, LEFT KNEE STRIKE (WS)

4. ATTACK: RIGHT HIGH FLAT F/T THRUST (WS), LEFT MIDDLE SIDE KICK

DEFENCE: RIGHT 1ST, LEFT KH RISING BLOCK(WS), RIGHT MIDDLE INWARD PALM BLOCK(LS), LEFT MIDDLE FRONT KICK TO COCCYX, LEFT FWD TWIN UPSET PUNCH TO KIDNEYS(WS)

5. ATTACK: RIGHT MIDDLE BACK KICK, LEFT HIGH PALM STRIKE (WS)

DEFENCE: RIGHT 1ST, LEFT PALM WAIST BLOCK(LS), RIGHT INWARD OUTER FOREARM BLOCK(LS), LEFT MIDDLE REVERSE KNIFEHAND STRIKE(WS)

6. ATTACK: RIGHT HIGH TURNING KICK, LEFT HIGH ARC HAND STRIKE(WS)

DEFENCE: LEFT 1ST , TWIN STRAIGHT FOREARM BLOCK(SS), LEFT PALM HOOKING BLOCK, LEFT MIDDLE SIDE KICK

7. ATTACK: RIGHT HIGH SIDE HAMMER FIST STRIKE(FIXED), LEFT MIDDLE REVERSE TURNING KICK

DEFENCE: LEFT 1ST, RIGHT FWD TWIN FOREARM BLOCK(LS), STEP OUT OF RANGE WITH RIGHT FOOT. KHGB, RIGHT HIGH REVERSE TURNING KICK

8. ATTACK: RIGHT SIDE PIERCING KICK, SPIN ANTICLOCKWISE, LEFT KNIFEHAND STRIKE(LS)

DEFENCE: RIGHT 1ST, LEFT INWARD INNER FOREARM WAIST BLOCK(LS), DOUBLE STEP BACKWD KNIFEHAND GUARDING BLOCK(LS), JUMP FORWARD LEFT HIGH BACKFIST (XS)