

TWO STEP SPARRING (5 to 8)
(Ibo Matsoki)

PROTOCOL

1. Attacker takes their distance, then takes right leg back, forearm guarding block
2. Defender starts in parallel ready stance.
3. Attacker kihaps
4. Defender kihaps
5. Attacker then starts.

NUMBER 5

MOVE	DESCRIPTION	KOREAN
Attack 1	Middle back kick	Kaunde dwit cha jurigi
Defence 1	Step back with the right leg into L-stance make waist block	Niunja so horyo makgi
Attack 2	Step left leg forward into walking stance high palm heel strike	Gunnan so nopunde sonbadak taerigi
Defence 2	Step back into right L-stance making inward moving outer forearm block	Niunja so anuro bakat palmok makgi
Counter Attack	Slide right foot forward into walking stance making reverse k nife-hand strike	Gunnan so kaunde sonkal dung taerigi

NUMBER 6

MOVE	DESCRIPTION	KOREAN
Attack 1	Right Leg high turning kick	Nopunde dollyo chagi
Defence 1	Step back with the left leg on a 45° angle making sitting stance twin straight outer forearm block.	Annun so sang sun bakat palmok makgi
Attack 2	Step forward with the left leg into walking stance making arc hand strike	Gunnan so bandalson taerigi
Defence 2	Step back with the right leg into left L stance making palm heel hooking block	Niunja so sonbadak golcho makgi
Counter Attack	Grab arm – middle side piercing kick	Kaunde yop cha jurigi

NUMBER 7

MOVE	DESCRIPTION	KOREAN
Attack 1	Move right foot forward into right fixed stance making high side fist strike (hammer fist strike)	Gojung so yop joomuk taerigi
Defence 1	Step back with left foot into left L stance making twin forearm block	Niunja so sang palmok makgi
Attack 2	Middle reverse turning kick	Kaunde bandae dollyo chagi
Defence 2	Slide back into L stance making knife-hand guarding block	Niunja so sonkal daebi makgi
Counter Attack	High reverse turning kick	Nopunde bandae dollyo chagi

NUMBER 8

MOVE	DESCRIPTION	KOREAN
Attack 1	Right middle side kick	Kaunde yop change
Defence 1	Step back with right foot into right L-stance making inward moving waist block with the inner forearm.	Niunja so anuro hori makgi
Attack 2	Spinning knife-hand strike into L-stance	Niunja sonkal taerigi
Defence 2	Step back into L-stance making knife-hand guarding block	Niunja so sonkal daebi makgi
Counter Attack	Jumping into X-stance making high side backfist strike	Kyocha so nopunde dung joomuk yop taerigi

Theory

2-step sparring is called **IBO MATSOKI**

2-step sparring is practised for **FOCUS, DISTANCE AND TIMING** against **HAND AND LEG ATTACKS**

2-step sparring should be performed with good **TRADITIONAL STANCES**

2-step sparring should be performed with **STRONG MOVES**