

THREE STEP SEMI FREE SPARRING

PROTOCOL

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

Basic	Attacker	Performs middle section front kick, side kick , turning kick in this order Beginning with the right leg back only
(Green Tag)	Defender	3 waist blocks to the kicks
	Counter	Reverse punch

Intermediate	Attacker	Performs 3 of the following 4 kicks – front, side, turning, spinning side in any order. Beginning with right leg back only
(Green Belts)	Defender	3 waist blocks to the kicks
	Counter	Any two hand techniques

Advanced	Attacker	Any 3 sparring-style attacks, hand or leg Changing legs each time.
(Blue Tag)	Defender	Any 3 blocks appropriate to the attacks
	Counter	Any sparring-style technique

Theory

3-step semi free sparring is called **BAN JAYOO MATSOKI**

3-step semi free sparring is practised as a **LEAD UP TO FREE SPARRING**

3-step semi free sparring should be performed in a more **FLUID SPARRING STYLE**