



2 Step Sparring

Introduction

2 Step sparring (as the name suggests) incorporates 2 attacks in 2 steps forwards, but unlike 3 step, the attacks are not of the same kind. One is a hand attack and the other is a foot attack. You can do these in any order, but you cannot do 2 hand attacks or 2 foot attacks. Our students start to become familiar with this a year into their Taekwon-Do journey at 6th Kup (green belt) so should be able to also invent routines outside of the 5 that we have standardised.

Rules

- Face each other in attention stance and bow
- Attacker moves their right leg back into L-Stance guarding block
- Defender moves their left leg into parallel ready stance
- The attacker shouts 'YOP' and the defender the same to initiate the routine
- The attacker does 2 attacks stepping forwards and the defender 2 appropriate blocks followed by a counter attack.
- Once complete the attacker steps forward and defender steps back into parallel ready stance. They then switch roles.

Key Point

The distances between the students vary depending on the techniques, so the students must adjust their stances accordingly and be flexible. This is why no formal measure is required.

2 Step Sparring (Ibo Matsoki) (1-5)

	Attack (Right leg back Guarding Block)	Defence (Parallel Ready Stance)	Leg Back
1	Walking Stance, Front Snap Kick	Walking Stance, X-Fist Pressing Block	Right
	Walking Stance, Twin Fist High Vertical Punch	Walking Stance, High Wedging Block	
		Knee Upward Kick	
2	Walking Stance, Front Snap Kick	L-Stance Low Block	Left
	Walking Stance, Back Fist High Side Strike	Walking Stance Double Forearm Block	
		L-Stance Middle Reverse Punch	
3	Walking Stance, Side Fist Downward Strike	Walking Stance, Outer Forearm Rising Block	Right
	Low turning kick land in L-Stance	L-Stance Outer Forearm Waist Block	
		L-Stance Knife-hand Side Strike	
4	High Turning kick	L-Stance Outer Forearm Side Block	Right
	Fixed Stance Middle Obverse Punch	L-Stance Outer Forearm Inward Block	
		Knee Turning Kick	
5	Middle Side Piercing Kick	L-Stance Outer Forearm Downward Block	Left
	Walking Stance Middle Obverse Punch	Walking Stance Palm Hooking Block	
		Walking Stance High Reverse Punch	