



3 Step Sparring

Introduction

3 Step sparring is the first of the pre-arranged sparring routines that the student learns. Our students start to become familiar with this at 9th Kup (Yellow Tag).






Rules

- Face each other in attention stance and bow
- Attacker measures the distance and then steps back into walking stance low block
- Defender stands in parallel ready stance
- To start the attacker shouts 'YOP' and the defender the same to initiate the routine
- The attacker does 3 of the same attacks and the defender 3 appropriate blocks followed by a counter attack.
- Once complete the defender steps forward and attacker steps back. They then switch roles.

Key Point

Practice with someone your own height. If practicing with a taller person, they should adjust their stances to be shorter ie L-Stance when you are doing Walking Stance.

3 Step Sparring (Sambo Matsoki) (1-6)

The first 4 exercises are defended with the right leg going back first				
No	Measure and Attack	Defence	Counter	
1		Middle punch walking stance	Middle inner forearm block to the inside three times	Reverse punch
2	3 Step 2-way: As above, but after the first counter the attacker punches again 3 times stepping backwards. Defender then blocks stepping forwards and repeats the counter at the end.			
3		Low front snap kick walking stance	Low outer forearm block to the inside three times in walking stance	Low front snap kick off the front foot, drop to walking ready stance, hands by side
4		High punch walking stance	High outer forearm block three times in walking stance	High flat fingertip thrust
The following exercises are defended with the left leg going back first				
5		Middle punch L stance	Outer forearm inward block three times in L stance	Middle turning kick off the front foot, drop to L stance, hands by side
6		Knife hand side strike L stance	Knife hand guarding block to the inside three times in L stance	Right side piercing kick off the front foot, drop to L stance, hands by side