



Attacker always begins in a left guarding stance

Defender begins in parallel ready stance.

The default is both partners right leg back

All techniques should be practiced on both left and right side..

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|---|----------------|---|
| 1 | Attack | Right hand high punch,
Left leg front kick. |
| | Defence | Right leg back walking stance. Left hand rising block,
Left leg back walking stance, 'X' fist pressing block |
| | Counter | Twin vertical punch |
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| 2 | Attack | Right hand side punch (fixed stance)
Left turning kick. |
| | Defence | Right leg back 'L' stance, upward palm block
Left leg back 'L' stance, waist block. |
| | Counter | Slide forward into right 'L' stance, right hand side elbow strike. |
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| 3 | Attack | Front kick, twin vertical punch |
| | Defence | Right leg back walking stance, 'X' fist pressing block
Left leg back, walking stance, outer forearm wedging block. |
| | Counter | Pull down on opponent's shoulders, with a simultaneous knee strike. |
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| 4 | Attack | Right hand flat fingertip thrust (high section), Left leg side kick |
| | Defence | Right leg back walking stance, knifehand rising block
Left leg back 'L' stance, inward palm pushing block |
| | Counter | Front kick to coccyx, twin upset punch to kidneys. |



2-Step Sparring

(Ibo Matsoki) 5-8

- 5 **Attack** Right back kick.
 Left stance high palm strike
- Defence** Right L stance palm waist block
 Left L stance outer forearm inward block
- Counter** Right walking stance reverse knife-hand reverse middle inward strike.
 (*slipping right foot*)
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- 6 **Attack** Right high turning kick.
 Left walking stance arc-hand high strike
- Defence** Sitting stance twin straight forearm block (left foot back).
 Right L stance palm hooking block (grabbing the arm)
- Counter** Left side kick (still holding grabbed arm)
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- 7 **Attack** Right leg forward into fixed stance side fist side strike.
 Left mid-section reverse turning kick
- Defence** Left leg back into L stance, twin forearm block.
 Right L stance knife-hand guarding block (45° as 3-step #7)
 (*sliding away using block as guard only*)
- Counter** Right high reverse turning kick
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- 8 **Attack** Right mid-section side kick.
 Right L stance, high outward knife hand strike (*spin back, anti-clockwise*)
- Defence** Right L stance inner forearm, inward low block.
 Right L stance knife-hand guarding block (double stepping)
- Counter** Left X stance back fist high side strike