**The TAGB Sparring Guide**

**TWO STEP SPARRING (IBO MATSOKI)**

Two step sparring is designed for the intermediate student to learn more advanced techniques, also using the same timing and distance as in three step sparring, but with more varied attacks, thus also allowing the attacking student to develop various combinations. All attackers start in right L stance, forearm guarding block. All defenders start in parallel ready stance

Techniques

1 Attack High punch, front kick

Defence Left leg back, walking stance, rising block right leg back, walking stance X fist pressing block

Counter Twin vertical punch

2 Attack Side punch, fixed stance, 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 side elbow

3 Attack Front kick, twin vertical punch

Defence Right leg back, walking stance, xfist pressing block left. Leg back, walking stance, outer forearm wedging block

Counter Knee kick at the same time pull opponents shoulders

4 Attack Flat fingertip thrust, side kick

Defence Right leg back, walking stance, knifehand rising block left leg back, L stance. Inward palm block

Counter Front kick to coccyx, twin upset punch to kidneys

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)

6 Attack Right high turning kick. Left walking stance arc-hand high strike

Defence Sitting stance twin straight forearm block (removing left foot diagonal). Right L stance palm hooking block (grabbing the arm)

Counter Left side kick (still holding grabbed arm)

7 Attack Right fixed stance side fist side strike. Left middle reverse turning kick

Defence Left L stance twin forearm block. Right L stance knife-hand guarding block (sliding away using block as guard only

Counter Right high reverse turning kick

8 Attack Right middle side kick. Right L stance knife hand high strike (turning anti clockwise)

Defence Right L stance inner forearm inward waist block. Right L stance knife-hand guarding block (double stepping)

Counter Left X stance back fist high side strike