**3 Step Sparring (Sambo Matsoki)**

1. Right leg back walking stance, middle inner forearm block to the inside three times.

Counter attack = Reverse punch to chest.

2. Left leg back 'L' stance, middle inner forearm block to the outside three times.

Counter attack = Move the left leg forward 45 degrees, move the right leg behind the opponents front leg into a left 'L' stance, execute a right knifehand strike to the neck.

3. Left leg back 'L' stance, middle inward outer forearm block to the inside three times.

Counter attack = Slide forward in a left 'L' stance and execute a right front backfist strike to the face.

4. Left leg back 'L' stance, middle inward forearm block to the outside three times.

Counter attack = Move the left leg into a sitting stance, focus with left hand, execute double punch to kidney.

5. Right leg back 'L' stance, middle outer forearm block to the inside two times.

Counter attack = Move to the right into sitting stance parallel to opponent. Execute a left outer forearm block to the side of the fist and a high section punch to the temple simultaneously.

6. Right leg back 'L' stance, middle knifehand block to the inside two times.

Counter attack = Move to the right, form a sitting stance parallel to opponent, execute left outer knifehand guard and a high inward knifehand strike to the neck.

7.Right leg back 'L' stance, middle outer forearm block to the inside two times.

Counter attack = Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block, execute a right front kick landing in a right walking stance double punch

8. Right leg back 'L' stance, middle knifehand block to the inside two times.

Counter attack = Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block. Execute a right side kick landing in left 'L' stance, right front back fist strike or knifehand strike to the neck.

9. Right leg back 'L' stance, middle palm pushing block to the outside three times.

Counter attack = Slide back at a 45 degree angle to the outside of your opponent into a right 'L' stance with a knifehand guarding block. Execute a right mid section turning kick, put the kicking foot behind the opponent's front foot landing in vertical stance while executing a knifehand strike to the neck.

10. Right leg back 'L' stance, middle knifehand block to the inside two times.

Counter attack = Move right foot to left foot pushing off left foot, slide back at a 45 degree angle into a right 'L' stance with a knifehand guarding block. Execute a reverse side kick, land in a right walking stance whilst executing a left hand reverse knifehand strike to the philtrum