

## **One Step Fixed Sparring (Ilbo Matsoki)**

- Measure up: forefist to shoulder height / centre line
- Both Attacker and Defender begin in Parallel Ready Stance
- The Attack is a walking stance mid section obverse forefist punch, firstly in right and then in left walking stance. This is the same for Nos. 1 to 8
- The Defender shouts 'Kihap' on the final counter attack whilst making no contact at this point.

	<b>Defender</b>
<b>No.1</b>	<b>Step backwards into walking stance mid section obverse outer forearm block followed by reverse mid section punch</b>
<b>No.2</b>	<b>Step backwards into an L stance outwards outer forearm block. Move around the attacker into an L stance knife hand side strike</b>
<b>No.3</b>	<b>Step backwards into an L stance Inwards outer forearm block. Pivot the front foot to turn across the L stance and slide into an L stance rear elbow</b>
<b>No.4</b>	<b>Step forwards into a Sitting Stance on a 45° Angle blocking with the Palm Heel of the Front Hand above the attackers elbow joint. Perform High and Mid Section Punches with Alternate Hands.</b>
<b>No.5</b>	<b>Step Backwards into an L Stance inwards outer forearm block on the inside of the attacker. Slip the front foot performing an L tance high back fist strike with the same hand</b>
<b>No.6</b>	<b>Step forwards into a sitting stance performing High Section Turning Punch / outwards block</b>
<b>No.7</b>	<b>Step forwards into a sitting stance performing Inwards Knife Hand Strike / Knife Hand block</b>
<b>No.8</b>	<b>Slide backwards into L Stance Forearm Guarding Block on a 45° Angle. Perform a Mid-Section Front Snap Kick from the rear leg followed by Walking Stance Obverse then Reverse Forefist Punches in Fast Motion</b>