

One Step Jumping Fixed Sparring (Ilbo Twigi Matsoki)

- **Measure up: forefist to shoulder height / centre line**
- **Both Attacker and Defender begin in the same L stance forearm guarding block.**
- **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 4.**
- **The Defender shouts 'Kihap' on the counter attack kick before forming forearm guarding block.**
- **The jump begins as soon as the Attacker begins to move into the walking stance punch.**

	Defender
No.1	Jumping front kick from rear leg
No.2	Jumping side kick from front leg
No.3	Jumping turning kick from rear leg
No.4	Jumping reverse turning kick or reverse crescent kick from rear leg