

Two Step Fixed Sparring (Ibo Matsoki)

Attacker begins in right L stance forearm guarding block. Defender in parallel ready stance.

	Attacker	Defender
No.1	<ul style="list-style-type: none"> • Right Walking Stance High Section forefist punch • Left Front Snap Kick then twin low outer forearm block 	<ul style="list-style-type: none"> • Left Walking Stance Obverse Rising Knife Hand Block • Right Walking Stance X forefist Pressing Block • Twin Vertical Punch
No.2	<ul style="list-style-type: none"> • Right Fixed Stance Side forefist Punch • Left mid section turning tick 	<ul style="list-style-type: none"> • Right L Stance upwards palm block • Left L Stance Right Outwards Waist Block • Slide to a Right L Stance Elbow Strike
No.3	<ul style="list-style-type: none"> • Right Front Snap Kick • Step to Walking Stance twin Vertical Punch 	<ul style="list-style-type: none"> • Left Walking stance X Block • Right Walking Stance Wedging Block • Right Knee Strike
No.4	<ul style="list-style-type: none"> • Right Walking Stance high Flat Fingertip Thrust • Left Side Piercing Kick 	<ul style="list-style-type: none"> • Left Walking Stance High Knife Hand Block • Sitting Stance inwards outer forearm block • Right Front Snap Kick followed by Twin Upset Punch