

Three Step Sparring (Sambo Matsoki)

**After Measuring up, the Attacker steps back into a Left Walking Stance
Low Outer Forearm Block:**

- After the 1st Attack, the front foot lands on the outside of defenders front foot
- After the 2nd Attack, the front foot lands on the inside of the defenders front foot
- After the Final Attack, the front foot lands on the outside of defenders front foot

	Attacker Walking Stances Moving Forwards	Defender Walking Stances Moving Backwards
No.1	<ul style="list-style-type: none"> • Measure up feet to feet • Step Forwards into Right Leg Walking stance • Step Forwards into Left Leg Walking stance • Step Forwards into Right Leg Walking stance 	<ul style="list-style-type: none"> • Step Backwards into Left Leg Walking stance • Step Backwards into Right Leg Walking stance • Step Backwards into Left Leg Walking stance
No.2	<ul style="list-style-type: none"> • Measure up feet to feet • Step Back into Low Forearm Guarding Block • Right Walking stance Right Punch • Left walking stance Left Punch • Right Walking stance Right Punch 	<ul style="list-style-type: none"> • Parallel Ready Stance • Left Walking stance Left Middle outer forearm block • Right Walking stance Right Middle outer forearm block • Repeat 1st Defence
No.3	<ul style="list-style-type: none"> • Measure up feet to belt • Step Back into Low forearm Guarding Block • Right Front Snap Kick followed by twin Low Block • Left Front Snap Kick followed by twin Low Block • Right Front Snap Kick followed by twin Low Block 	<ul style="list-style-type: none"> • Parallel Ready Stance • Left walking Stance Left Low Knife hand Block • Right walking Stance Right Low Knife hand Block • Repeat 1st Defence