

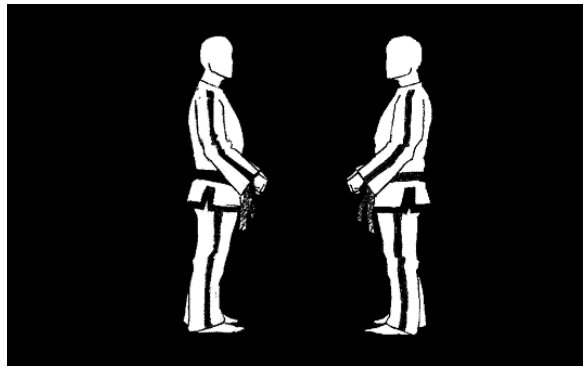


Color Belt Syllabus

Ilbo Matsogi

(1 Step sparring)

Getting Started.



Version 1.0

What is 1 Step sparring?

Virtually, this sparring is considered the most important one from the point of view that the ultimate goal of Taekwon-Do in real combat is to win the victory with just a single seasoned blow. As a matter of fact it not only is exercised at all levels but also can be used in an actual situation. It is therefore, advisable for the student to apply all techniques exclusively including counter attack, flying attack and defense, and dodging attack with hand or foot while flying under various assumptions.

Feet Positions




The distance between attacker and defender can be flexible according to the techniques used, though one full step length of stance is normal.



Fig 1.

Measurement Routine.

This is performed once at the beginning of your 1 step sparring routine by the attacker.




Defender		Attacker
1. Parallel Ready Stance <i>Narani Junbi Sogi</i>		1. Parallel Ready Stance <i>Narani Junbi Sogi</i>
2. Parallel Ready Stance <i>Narani Junbi Sogi</i>		2. Walking Stance. <i>Gunnun Sogi</i> (Attacker measures one walking stance distance from the defender's foot, attacker's foot should overlap the front half of the defender's foot.)
3. Parallel Ready Stance <i>Narani Junbi Sogi</i>		3. Parallel Ready Stance <i>Narani Junbi Sogi</i>

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Ilbo Matsogi (1 Step Sparring) Number 1


Defender		Attacker
<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>		<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>
<p>2. Sitting Stance High Punch Right Hand Knife Hand Block Left Hand.</p> <p><i>Annun So Nopunde Jirugi</i></p> <p>(Step right foot 45 degrees into sitting stance)</p>		<p>2. Walking Stance Middle Obverse Punch.</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p> <p>(Step right foot forward)</p>
<p>3. Sitting Stance Upset Punch</p> <p><i>Annun So Dwijibo Jirugi</i></p> <p>(Punch with right hand)</p>		<p>3. Don't Move</p>

Defender		Attacker
<p>4. Walking Stance Vertical Punch</p> <p><i>Annun So Soojik Jirugi</i></p> <p>(Punch with left hand)</p>		<p>4. Don't Move</p>
<p>5. Walking Stance Vertical Punch</p> <p><i>Annun So Soojik Jirugi</i></p> <p>(Punch with right hand)</p>		<p>5. Don't Move</p>
<p>6. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p> <p>(Move right leg back to position)</p>		<p>6. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p> <p>(Move right leg back to position)</p>

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Ilbo Matsogi (1 Step Sparring) Number 2

Defender		Attacker
<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>		<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>
<p>2. Sitting Stance Left Hand Knife Hand Outward Block, at the same time Right Hand Inward Strike</p> <p><i>Annun So Sonkal Taerigi</i></p>		<p>2. Walking Stance Front Middle Obverse Punch</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>
<p>3. Walking Stance Knife Hand Outward Strike</p> <p><i>Annun So Sonkal Bakuro Taerigi</i></p> <p>(Right hand)</p>		<p>3. Don't Move</p>


Defender		Attacker
<p>4. Sitting Stance Upset Punch</p> <p><i>Annun So Dwijibo Jirugi</i></p> <p>(Left hand)</p>		<p>4. Don't Move</p>
<p>5. Walking Stance Knife Hand Outward Strike</p> <p><i>Annun So Sonkal Bakuro Taerigi</i></p> <p>(Left hand)</p>		<p>5. Don't Move</p>
<p>6. Sitting Stance Upset Punch</p> <p><i>Annun So Dwijibo Jirugi</i></p> <p>(Punch with right hand)</p>		<p>6. Don't Move</p>

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Ilbo Matsogi (1 Step Sparring) Number 3

Defender		Attacker
<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>		<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>
<p>2. Rear Foot Stance Outer Forearm Inward Block</p> <p><i>Dwitbal So Bakat Palmok Anuro Makgi</i></p> <p>(Step left foot back into rear foot stance)</p>		<p>2. Walking Stance Front Middle Obverse Punch</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>
<p>3. Sitting Stance Side Elbow Thrust</p> <p><i>Annun So Yop Palkup Tulgi</i></p> <p>(Step right foot forward into sitting stance)</p>		<p>3. Don't Move</p>

Defender		Attacker
<p>4. Sitting Stance Back Elbow Thrust</p> <p><i>Annun So Dwit Palkup Tulgi</i></p> <p>(Pivot on right foot, turning counter clock wise into sitting stance)</p>		<p>4. Don't Move</p>
<p>5. High Back Elbow Thrust</p> <p><i>Nopunde Dwit Palkup Tulgi</i></p>		<p>5. Don't Move</p>
<p>6. Sitting Stance Back Elbow Thrust</p> <p><i>Annun So Dwit Palkup Tulgi</i></p>		<p>6. Don't Move</p>




Defender		Attacker
<p>7. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>		<p>7. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>



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Ilbo Matsogi (1 Step Sparring) Number 4

Defender		Attacker
<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>		<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>
<p>2. Rear Foot Stance Palm Pushing Block</p> <p><i>Dwitbal So Sonbadak Miro Makgi</i></p> <p>(Step right foot back 270 Deg back into rear foot stance)</p>		<p>2. Walking Stance Front Middle Obverse Punch</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>
<p>3. Sitting Stance Middle Punch</p> <p><i>Annun So Kaunde Jirugi</i></p>		<p>3. Don' t Move</p>




Defender		Attacker
<p>4. Sitting Stance Middle Punch</p> <p>Annun So Kaunde Jirugi</p>		<p>4. Don't Move</p>
<p>5. (Step right foot back clockwise.)</p>		<p>5. Prepare for leg sweep</p>
<p>6. Leg Sweep</p> <p>(Sweep attacker's forward foot with right foot)</p>		<p>6</p>




Defender		Attacker
<p>7.</p> <p>(Position for final blow or counter attack.)</p>		<p>7.</p> <p>Execute Break Fall</p>
<p>8.</p> <p>Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>		<p>8.</p> <p>Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>


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Ilbo Matsogi (1 Step Sparring) Number 5

Defender		Attacker
<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>		<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>
<p>2. L-Stance Knife Hand Outward Block</p> <p><i>Niunja So Sonkal Bakuro Makgi</i></p>		<p>2. Walking Stance Front Middle Obverse Punch</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>
<p>3.</p> <p>(Step left foot forward simultaneously grab attacker's wrist with right hand and push attacker's shoulder with left hand.)</p>		<p>3. Don't Resist</p>

Defender		Attacker
<p>4. Knee Upward Kick</p> <p><i>Moorup Ollyo Chagi</i></p>		<p>4. Don't Move</p>
<p>5. Walking Stance Knife Hand Downward Strike</p> <p><i>Gunnun So Sonkal Naeryo Taerigi</i></p>		<p>5. Don't Move</p>
<p>6. Walking Stance Knife Hand Downward Strike</p> <p><i>Gunnun So Sonkal Naeryo Taerigi</i></p> <p>(Pivot on the Spot)</p>		<p>6. Don't Move</p>

Defender		Attacker
<p>7. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>		<p>7. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>

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