




Tam's Budo Academy - Color Belt Syllabus

Sambo Matsogi (3 Step Sparring) Number 1

Defender		Attacker
<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi</i></p>		<p>1. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>
<p>2. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>		<p>2. Walking Stance Outer Forearm Low Obverse Block.</p> <p><i>Gunnun So Bakat Palmok Najunde Baro Makgi</i></p> <p>(Step right foot back into walking stance)</p>
<p>3. L-Stance Left Knife Hand Outward Block</p> <p><i>Niunja So Wen Sonkal Bakuro Makgi</i></p>		<p>3. Walking Stance Middle Obverse Front Punch.</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p> <p>(Punch with right hand)</p>

Defender		Attacker
<p>4. L-Stance Right Knife Hand Outward Block</p> <p><i>Niunja So Orun Sonkal Bakuro Makgi</i></p>		<p>4. Walking Stance Middle Front Obverse Punch.</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p> <p>(Punch with Left Hand)</p>
<p>5. Sitting Stance High Punch Right Hand Knife Hand Bock Left Hand</p> <p><i>Annun So Nopunde Jirugi</i></p> <p>(Step right foot straight into sitting stance, block with left knife hand simultaneously punch to face with right hand.)</p>		<p>5. Walking Stance Front Middle Obverse Punch.</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p> <p>(Punch with right hand)</p>
<p>6. Sitting Stance Upset Punch</p> <p><i>Annun So Dwijibo Jirugi</i></p> <p>(Continue with upset middle punch)</p>		<p>6. Don't move</p>

