








Tam's Budo Academy - Color Belt Syllabus

Sambo Matsogi (3 Step Sparring) Number 2

Attacker		Defender
<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. Walking Stance Outer Forearm Low Obverse Block.</p> <p><i>Gunnun So Bakat Palmok Najunde Baro Makgi.</i></p>		<p>2. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p> <p>(Don't Move)</p>
<p>3. Walking Stance Middle Front Obverse Punch</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p> <p>(Step forward into walking stance)</p>		<p>3. L-Stance Knife Hand Outward Block.</p> <p><i>Niunja So Sonkal Bakuro Makgi</i></p> <p>(Step right foot back into L-Stance)</p>

Attacker		Defender
<p>4. Walking Stance Middle Front Obverse Punch</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>		<p>4. L-Stance Knife Hand outward Block.</p> <p><i>Niunja So Sonkal Bakuro Makgi</i></p>
<p>5. Walking Stance Middle Front Obverse Punch</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>		<p>5. Sitting Stance. Left Knife Hand Block. At same time Right knife Hand Strike to Neck.</p> <p><i>Annun So Sonkal Taerigi</i></p> <p>(Step right foot 45 Deg to right side into sitting stance)</p>
<p>6. Don't move</p>		<p>6. Vertical Stance Grab the attackers wrist with the left hand bringing the right foot back to vertical stance. Then execute a right knife hand outward strike to the neck.</p> <p><i>Soojik So Sonkal Bakuro Taerigi.</i></p>

Attacker		Defender
<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>

www.taekwondo.org.au