








Tam's Budo Academy - Color Belt Syllabus

Sambo Matsogi (3 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. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>		<p>2. Walking stance Outer Forearm Low Obverse Block.</p> <p>Gunnun So Bakat Palmok Najunde Baro Makgi.</p>
<p>3. L-Stance Outer Forearm Inward Block.</p> <p><i>Niunja So Bakat Palmok Anuro Makgi</i></p>		<p>3. Walking Stance Middle Front Obverse Punch.</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>

Defender		Attacker
<p>4. L-Stance Outer Forearm Inward Block.</p> <p><i>Niunja So Bakat Palmok Anuro Makgi</i></p>		<p>4. Walking Stance Middle Front Obverse Punch.</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>
<p>5. Rear Foot Stance Outer Forearm Inward Block.</p> <p><i>Dwitbal So Bakat Palmok Anuro Makgi</i></p>		<p>5. Walking Stance Middle Front Obverse Punch.</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>
<p>6. Sitting Stance Right Elbow Thrust.</p> <p>Annun So Yop Palkup Tulgi</p> <p>(Step right foot toward attacker into sitting stance)</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>

www.taekwondo.org.au