










Tam's Budo Academy - Color Belt Syllabus

Sambo Matsogi (3 Step Sparring) Number 4

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>Gunnun So Bakat Palmok Najunde Baro Makgi.</p>		<p>2. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>
<p>3. Walking Stance Middle Front Obverse Punch.</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>		<p>3. L-Stance Left Hand Palm Pushing Block</p> <p>Niunja So Sonbadak Miro Makgi</p> <p>(Step right foot 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 Right Hand Palm Pushing Block</p> <p>Niunja So Sonbadak Miro Makgi</p>
<p>5. Walking Stance Middle Front Obverse Punch.</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>		<p>5. Step Back 270 deg, blocking with Left Palm.</p>
<p>6. Don't move</p>		<p>6. Sitting Stance. Palm Pushing Block</p> <p>Annun So Sonbadok Miro Makgi</p> <p>(Move left foot out to sitting Stance)</p>

Attacker		Defender
<p>7. Don't Move</p>		<p>7. Sitting Stance Middle Punch.</p> <p><i>Annun So Kaunde Jirugi</i></p> <p>(Punch with right hand)</p>
<p>8. Don't move.</p>		<p>8. Sitting Stance Middle Punch.</p> <p><i>Annun So Kaunde Jirugi</i></p> <p>(Punch with left hand)</p>
<p>9. Parallel Ready Stance <i>Narani Junbi Sogi</i></p>		<p>9. Parallel Ready Stance <i>Narani Junbi Sogi</i></p>