

Tam's Budo Academy - Color Belt Syllabus

Sambo Matsogi (3 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. 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 Knife Hand Outward Block</p> <p><i>Niunja So Sonkal Bakuro 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 Knife Hand Outward Block</p> <p><i>Niunja So Sonkal Bakuro Makgi</i></p>		<p>4. Walking Stance Middle Front Obverse Punch.</p> <p><i>Gunnun So Kaunde Ap Jirugi</i></p>
<p>5. 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>6. Step forward and grab attacker's wrist with right hand simultaneously pushing the back of attacker's shoulder down.</p>		<p>6. Move as directed.</p>

Defender		Attacker
<p>7. Knee Upward Kick.</p> <p><i>Moorup Ollyo Chagi</i></p>		<p>7. Move as Directed.</p>
<p>8. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>		<p>8. Parallel Ready Stance</p> <p><i>Narani Junbi Sogi</i></p>

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