

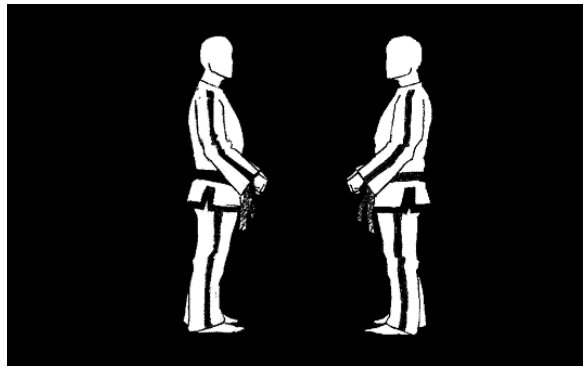


## Color Belt Syllabus

### **Ilbo Matsogi**

(1 Step sparring)

### **Getting Started.**



Version 1.0

#### **What is 1 Step sparring?**

Virtually, this sparring is considered the most important one from the point of view that the ultimate goal of Taekwon-Do in real combat is to win the victory with just a single seasoned blow. As a matter of fact it not only is exercised at all levels but also can be used in an actual situation. It is therefore, advisable for the student to apply all techniques exclusively including counter attack, flying attack and defense, and dodging attack with hand or foot while flying under various assumptions.

## Feet Positions

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The distance between attacker and defender can be flexible according to the techniques used, though one full step length of stance is normal.



Fig 1.

**Measurement Routine.**

This is performed once at the beginning of your 1 step sparring routine by the attacker.

<b>Defender</b>		<b>Attacker</b>
1. Parallel Ready Stance  <i>Narani Junbi Sogi</i>		1. Parallel Ready Stance  <i>Narani Junbi Sogi</i>
2. Parallel Ready Stance  <i>Narani Junbi Sogi</i>		2. Walking Stance.  <i>Gunnun Sogi</i>  (Attacker measures one walking stance distance from the defender's foot, attacker's foot should overlap the front half of the defender's foot.)
3. Parallel Ready Stance  <i>Narani Junbi Sogi</i>		3. Parallel Ready Stance  <i>Narani Junbi Sogi</i>

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