

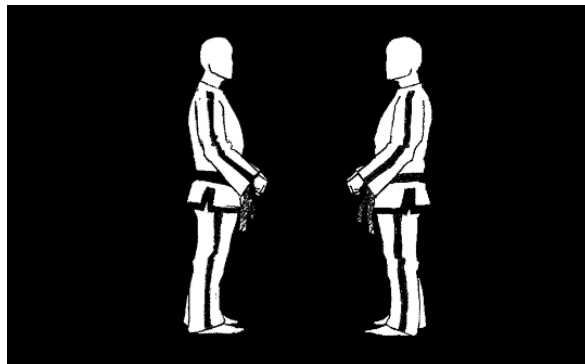


Color Belt Syllabus

Sambo Matsogi

(3 Step sparring)

Getting Started.



Version 1.0

What is 3 Step sparring?

This is the initial basic sparring exercise among beginners usually from 9th Gup to 7th Gup. This is an exercise for familiarisation of correct attack and defense techniques utilising mainly the hand parts against middle and high, the foot parts against low target while stepping forward and backward.

How is it executed?

The students face off in the Parallel Ready Stance "*Narani Junbi Sogi*" position, the nominated attacker will then perform a measurement routine, the measurement routine is performed only once at the beginning of the 3 step sparring routine. On completion the attacker will move backwards executing a "Walking Stance Obverse Low Forearm Block" (left hand blocking) "*Gunnun So Bakat Palmok Najunde Baro Makgi*" at the same time signaling by yelling that he is ready to attack. The defender then signals by yelling that he is ready to be attacked, the attacker steps forward using a "Walking Stance Middle Punch" (three times), the defender defends (three times) and then counters.

Feet Positions

Walking Stance Punch -




The attacker should step to the outside and overlapping the front half of the defenders foot. The next step forward should be to his inside, the next step to his outside



Fig 1.

Measurement Routine.

This is performed once at the beginning of the 3 step sparring routine by the attacker.

Defender		Attacker
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 defenders foot, attackers foot should overlap front half of 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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