

Two-Step Sparring Routines (Ibo Matso Gi)

General Starting Protocol:

- * Both partners bow to each other.
- * Attacker starts in L-stance (Niunja Sogi), guarding block (Daebi Makgi).
- * Defender starts in Parallel Ready Stance (Narani Chumbi sogui).
- * Both say "set" when ready.

No. 1 Routine

Attacker:

1. Straight punch (Jirugi) with the front hand, stepping forward.
2. Snap kick (Ap Cha Busigi) with the rear leg, landing forward.

Defender:

1. Steps back with the right leg into walking stance (Gunnun Sogi), rising block (Chookyo Makgi).
2. Steps back with the left leg, X-pressing block (Kyocha Nullo Makgi).
3. Steps front foot into Low stance (Nacho Sogi), twin punch (Sang Jirugi) to the face.

No. 2 Routine

Attacker:

1. Side punch (Yop Jirugi), landing in Fixed Stance (Gojung Sogi).
2. Turning kick (Dollyo Chagi) with the left leg, landing in front into L-stance (Niunja Sogi).

Defender:

1. Moves backward, stepping with the right leg first, palm upwards block (sonbadak ollyo Makgi) with the front left hand.
2. Steps back with a downward middle block (Naeryo Palmok Makgi – low forearm block).
3. Slides back into a reverse L-stance (Dwitbal Sogi), elbow strike (Palkup Taerigi) to the solar plexus.

No. 3 Routine

Attacker:

1. Snap kick (Ap Cha Busigi), landing in front.
2. Twin punch (Sang Jirugi) to the face.

Defender:

1. Steps back with the right leg, X-pressing block (Kyocha Nullo Makgi).
2. Steps back with the left leg, wedging block (Hechomaki).
3. front foot Steps forward, grabs the head, knee kick (Morupchagi) to the face or abdomen.
4. Steps back to guarding block (Daebi Makgi) in L-stance (Niunja Sogi).

No. 4 Routine

Attacker:

1. Flat fingertip thrust (Opun Sonkut Tulgi) to the eyes.
2. Back leg sidekick (Yop Chagi), landing slightly off-center.

Defender:



1. Steps back with the right leg, knife hand rising block (Sonkal Chookyo Makgi).
2. Steps back with a palm pressing block (Sonbadak Nullo Makgi).
3. With the back left leg, snap kick (Ap Cha Busigi) to the coccyx (tailbone).
4. Upset twin punch (Dung Joomuk Sang Jirugi) to the kidneys.

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No. 5 Routine

Attacker:

1. Rear leg sidekick (Yop Chagi).
2. Palm strike (Sonbadak Taerigi) to the face.

Defender:

1. Steps back with the right leg, open palm waist block (Sonbadak Hori Makgi).
2. Steps back again, inward forearm block (An Palmok Makgi).
3. Steps out with the right leg, ridge hand (Sonkal Dung Taerigi) to the philtrum or solar plexus.

No. 6 Routine

Attacker:

1. High section turning kick (Nopun Dollyo Chagi - round kick) to the head.
2. Arc hand (Bandalson Taerigi) to the throat.

Defender:

1. Steps back with the left leg, checking block (Momchau Makgi).
2. Steps back with the right leg, hooking block (Golcho Makgi) against the punch.
3. Side piercing kick (Yop Cha Jirugi) to the kidneys or floating rib.

No. 7 Routine

Attacker:

1. Side fist (Yop Joomuk Taerigi) to the head.
2. Reverse mid-section turning kick (Bandae Gunde Dollyo Chagi) with the rear leg, landing in front into a forearm guarding block (Palmok Daebi Makgi).

Defender:

1. Steps back, twin outward forearm block (Sang Bakat Palmok Makgi).
2. Slides back with the right leg, high section reverse turning kick (Nopun Bandae Dollyo Chagi) to the head.

No. 8 Routine

Attacker:

1. Side kick (Yop Chagi) off the back leg.
2. Knife hand strike (Sonkal Taerigi) to the neck (Mok Chigi - turtle chop).



Defender:

1. Steps backward with the right leg, inward moving waist block (Anuro Omggyo Makgi).
2. Steps the front leg to the right leg, then the right leg steps back.
3. Lifts the front leg left leg up while Jumping forward, backfist (Dung Joomuk Taerigi) to the temple.

Lands in X-stance (Kyocha Sogi), slightly to the left-hand side of the opponent