



## Three Step Sparring Step By Step

**By A J Slater 6th DAN**

## Three Step Sparring

### Three Step Sparring – Numbers 1 – 4 (8th kup yellow belt)

Three step sparring is designed for the beginner to learn the basic techniques. Three step sparring teaches the student many things i.e. proper distance, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks and timing.

Attackers start in left walking stance, obverse low section outer forearm block. Attack = three middle section obverse punches in walking stance to the opponents solar plexus (bottom of the V of the suit!).

Defenders start in parallel ready stance.

1. Right leg back walking stance, middle inner forearm block to the inside three times.  
Counter attack = Reverse punch to mid section in walking stance
2. Left leg back, L stance, middle inner forearm block to the outside three times. Counter attack = Move the left leg forward 45°, move the right leg behind the opponents front leg into a left L stance, execute a right knife hand strike to the back of the neck.
3. Left leg back L stance, middle inward outer forearm block the inside three times.  
Counter attack = slide forward into a right L stance and execute a right backfist side strike bridge on the nose.
4. Left leg back L stance, middle inner forearm block to the outside three times. Counter attack = Move the left leg into a sitting stance, focus with the left hand, execute a double punch to the opponents kidney area.

Remember to kihap loudly with the counter attack!

### Three Step Sparring – Numbers 5- 7 (7th kup green tag)

5. Right leg back L stance, middle outer forearm block to the inside two times. Counter attack = Move to the right into sitting stance parallel to opponent, execute a left outer forearm block and a high section punch to opponent's jaw.
6. Right leg back L stance, middle knifehand block to the inside two times. Counter attack = move to the right, form a sitting stance parallel to opponent, execute left outward knifehand block and a high inward knifehand strike to the side of the opponents neck.
7. Right leg back L stance, middle outer forearm block to the inside two times. Counter attack = slide back at a 30° angle into a right L stance with a forearm guarding block, execute a right front kick landing in a right walking stance and follow with a double punch to the solar plexus.

### Three Step Sparring – Numbers 8- 10 (6th kup green belt)

8. Right leg back L stance, middle knifehand block to the inside two times. Counter attack = slide back at a 45° angle into a right L stance whilst performing a knifehand guarding block. Execute a right side kick landing in left L stance, right knifehand strike to the neck.
9. Right leg back into right L stance, middle palm pushing block to the outside three times. Counter attack = Slide back at a 45 ° angle to the outside of your opponent into a right L stance with a knifehand guarding block. Execute a right mid section turning kick to the opponent's solar plexus, put the kicking foot behind the opponent's front foot, landing in vertical stance whilst executing a knifehand strike to the back of the neck.
10. Right leg back L stance, middle knifehand block to the inside two times. Counter attack = slide back at a 45° angle into a right L stance with a knifehand guarding block. Execute a reverse side kick with the right leg, land in a right walking stance whilst executing a left hand reverse knifehand strike to the opponent's side of the neck.

## THREE STEP SPARRING (SAMBO MATSOKI)

