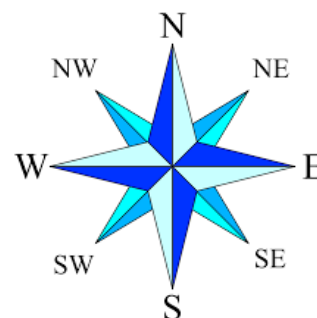


## Ibo Matsoki – 1 Step Sparring

Both participants start facing each other in Narani Chunbi Sogi. The attacker moves forwards into R Gunnun Sogi, Ap Joomuk Kaunde Makgi. The attack is signalled with a kihap. The defender does not kihap.

The instructions below use one of the eight directions of the compass to describe the direction the defender should move. The attacker will always be North (N) of the defender. Imagine the defender as standing at the centre point of the compass at the start of each movement.

The instructions relate to the first attack/defence (right hand punch). The second attack (left hand punch) is simply dealt with by repeating the same defence/counter-attack but using the opposite side.



1	Block	Counter Attack	Target	Finish
<b>Movement</b>	Annun Sogi, Bakat Palmok Kaunde Ap Makgi	Annun Sogi, Doo Jirugi	Floating Ribs	Move R leg back 45 degrees into Niunja Sogi, Palmok Daebi Makgi
<b>Instructions</b>	Step forward to NW with left leg into sitting stance. Perform an outer forearm middle front block with the right arm. Remaining in sitting stance, perform a double punch in fast motion, left arm first, attacking the floating ribs (same target with both punches). Step away 45 degrees with the right leg into L stance, forming a middle forearm guarding block.			
<b>Notes</b>	Do not rush the punches. Make sure the first one is effective (in a real situation you may not have the chance for a second punch!). Concentrate your punches on the same target.			

2	Block	Counter Attack	Target	Finish
<b>Movement</b>	Niunja Sogi, Bakat Palmok Kaunde Annuro Makgi	Kaunde Yop Cha-Jirugi	Solar Plexus	Step back with right leg into Niunja Sogi, Palmok Daebi Makgi
<b>Instructions</b>	Step backwards to S with right leg into right L stance. Perform an outer forearm middle inwards block with the left arm. Perform a middle side piercing kick with the left (front) leg, attacking the solar plexus. Retract the kicking leg, place feet together and then step backwards with the right leg into right L stance, forming a middle forearm guarding block.			
<b>Notes</b>	Remember to use correct reaction movement with the right hand when blocking. Perform the kick correctly using the foot sword (balkal) on the target. If you struggle to reach the middle target, adjust to low (umbilical area) or even attack the femur or knee. In any case, make sure the kick is effective.			

3	Block	Counter Attack	Target	Finish
<b>Movement</b>	Gunnun Sogi, Sonbadak Noollo Makgi	Najunde Ap Cha-Busigi	Umbilical area	Retract kicking leg back into Niunja Sogi, Palmok Daebi Makgi
<b>Instructions</b>	Step backwards to S with right leg into walking stance. Perform a palm pressing block, using the upward left palm to block the punch (sonbadak ollyo makgi) Perform a low front snap kick with the right (rear) leg, attacking the umbilical area. Retract the kicking leg, resuming a right L stance, forming a middle forearm guarding block.			
<b>Notes</b>	Timing is very important here. Remember that the upwards palm block is slightly off centre. This means that you will be counter-attacking the open side, but have moved backwards out of range. Deliver a fast, powerful front snap kick using the ball of the foot (ap kumchi).			

4	Block	Counter Attack	Target	Finish
<b>Movement</b>	Dwit Bal Sogi, Bakat Palmok Kaunde Aneuro Makgi	Kaunde Dollyo Chagi	Solar Plexus	Move kicking leg back into Niunja Sogi, Palmok Daebi Makgi
<b>Instructions</b>	Step backwards to S with right leg into rear foot stance. Perform an outer forearm middle inward block with the left arm. Perform a middle turning kick targeting the solar plexus. Double step away into L stance, forming a middle forearm guarding block.			
<b>Notes</b>	Ensure the middle turning kick is performed at the correct angle – 25 degrees. To achieve this, you will need to reposition the left foot slightly in a NW direction. Use the ball of the foot as the attacking tool (ap kumchi). The double step is used to gain increased distance from your attacker.			

5	Block	Counter Attack	Target	Finish
<b>Movement</b>	Gunnun Sogi, Sonkal Kaunde Bakuro Makgi	Simultaneous Nopunde Ap Palkup Taerigi	Temple/Cheek bone/Jaw/Throat	Pivot on R foot moving back into a left Niunja Sogi, Sonkal Daebi Makgi
<b>Instructions</b>	Step forward to N with left leg into L walking stance. Perform a knife-hand middle outwards side block whilst simultaneously attacking the opponent's high section with a right high front elbow strike. Pivot on the right foot 45 degrees into left L stance, forming a middle knife-hand guarding block.			
<b>Notes</b>	You must move into the attack on the open side, which is always risky. Therefore, you need to react quickly to the attack. The counter-attack – high elbow strike – is delivered simultaneously with the block in order to reduce the risk of counter-attacking to the open side. Maximum control needs to be used when practicing this technique.			

6	Block	Counter Attack	Target	Finish
<b>Movement</b>	Niunja Sogi, An Palmok Kaunde Ap Makgi	Kaunde Bandae Dwit Cha-Jirugi	Solar Plexus	Double step into Niunja Sogi, Palmok Daebi Makgi
<b>Instructions</b>	Step backwards to S with left leg into L stance. Perform an inner forearm middle front block with the right arm. Perform middle reverse back piercing kick using the left leg, attacking the solar plexus (however this technique will be effective on any middle section target). Bring the kicking foot down, double step away into L stance, forming a middle forearm guarding block.			
<b>Notes</b>	The back-piercing kick should be performed quickly after the block. Due to its devastating power, this kick will be effective on any middle section target, but aim for the solar plexus. This is also a fantastic free-sparring counter attack! Obviously, maximum control needs to be used.			

#### General Notes:

Ilbo Matsoki is the most important practical application of TaekwonDo. It becomes part of the syllabus at 4<sup>th</sup> kup – so there will have been a minimum of 2 years training to get to this point.

For the first time, Ilbo matoski allows us full discretion to perform whatever techniques we like. This freedom needs to be used wisely. Defence and counter-attacks MUST be effective.

You should always be able to identify the correct target, and select the correct attacking tool for that target.