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An ITF Martial Arts School

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3 step fixed sparring

Ready Positions:

Attacker:

There are 4 ready positions for the attacker as follows:

Attack 1 and 2 - Right leg back into walking stance lower outer forearm block

Attack 3 and 4 - Right leg back into L stance knifehand or forearm guarding block

Defender

Parallel ready stance on all occasions

- 1) Attack Right leg forward into walking stance middle punch x 3
- 1) Defense Right leg back into L stance, knifehand guarding block x 3
- 1) Counter Shifting, knifehand strike

- 2) Attack Right leg forward into walking stance, high section punch x 3
- 2) Defense Right leg back into walking stance rising block x 3
- 2) Counter Flat fingertip thrust

- 3) Attack Right leg forward, low side front snap kick x 3
- 3) Defense Right leg back into L stance, knifehand lock block x 3
- 3) Counter Middle turning kick

- 4) Attack Right leg forward into walking stance middle punch x 3
- 4) Defense Blocking to either inside or outside of attacking tool. Block



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with the same as 1st block

- 4) Counter 3rd attack is countered by evading the attack, shifting to the inside (or outside, depending on if the 1st block was to the inside or outside) – back into L stance. Counter attack: Any jumping kick, followed by a hand technique
- 5) Attack Right leg forward into walking stance middle punch x 3
- 5) Defense As above but opposite block i.e. if previous block was to the attackers inside, this must be to the outside.
- 5) Counter Jumping kick followed by a hand technique
- 6) Attack Right leg forward into walking stance middle punch x 3
- 6) Defense Blocking to either inside or outside of attacking tool, block with the same as 1st block – 3rd attack is countered by evading the attack, shifting to the inside (or outside, depending on if the 1st block was to the inside or outside) – back into L stance.
- 6) Counter Any jumping kick, followed by a hand technique

3 step semi free sparring (7th KUP Grading)

Attack: 3 x stepping forward with any hand or foot technique (sparring techniques)

Defense: 3 x stepping back, blocking with sparring block



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Counter: Any hand or foot technique

2 Step Sparring - Ibo Matsogi

The main purpose of this sparring is to acquire a mixed technique of hand and foot parts. The attacker must use both the hand and foot alternatively. It is optional if the attacker uses the hand or foot first.

Ready Positions:

Attacker: Right leg back into L stance, forearm guarding block (all the attacks are started by moving forward with the right leg)

Defender: Parallel ready stance (all defenses are started by moving the right leg backwards)

Following the counter – defender must step back into right L stance, guarding ready position.

There are 5 sequences of attack (A) and defense (D). They are as follow:

1. (1a) Low front snap kick, stepping forward into walking stance twin vertical punch.
(1d) Walking stance, X fist pressing block, stepping back into walking stance outer forearm wedging block.
Counter Attack: Grab shoulders and pull down, at the same time kick with the left knee into the solar plexus of the attacker. Step back into guarding block.



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2. (1a) Middle side punch in L stance
(1d) Rear foot stance, palm upward block
(2a) Middle turning kick, stepping down into a sitting ready stance
(2d) L stance outward waist block
Counter Attack: With a sliding motion in L stance, side elbow thrust, finishing with a low section knife hand to the attackers groin. Step back into guarding block.
3. (1a) Middle obverse punch in walking stance
(1d) L stance inner forearm middle block
(2a) Middle side kick, stepping down into sitting ready stance
(2d) L stance inward waist block
Counter Attack: Left front snap kick to attacker's coccyx, putting left foot down into a right L stance, step back into guarding block.
4. (1a) Middle obverse punch in walking stance
(1d) L stance inner forearm middle block
(2a) Middle side kick, stepping down into sitting ready stance
(2d) L stance inward waist block
Counter Attack: Left front snap kick to attacker's coccyx, putting left foot down into a left walking stance twin upset punch. Move right leg back into right L stance, step back into guarding guarding block.
5. (1a) Middle obverse punch in walking stance
(1d) L stance inner forearm middle block



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(2a) Middle side kick, stepping down into sitting ready stance

(2d) L stance inward waist block

Counter Attack: Jumping turning kick to attackers head (either leg), finishing in right L stance, step back into guarding block.

6. (1a) Middle obverse punch in walking stance

(1d) L stance inner forearm middle block

(2a) Middle side kick, stepping down into sitting ready stance

(2d) Evade the kick

Counter Attack: Any jumping kick followed by hand technique.

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