

## **Foot Sparring - BAL MATSOGI**

**Both Left & Right Attacks must be practiced  
Attacker and Defender should be two steps apart.**

### **Front Kick Attack (based on right leg attack)**

#### **Defence;**

1/ Dodge to your R 45 degrees forming R rear foot stance, execute front snap kick to high abdomen with front foot (L) and then front kick with back foot to the same target.

2/ Checking kick block with R foot- counter with high side piercing kick with same leg.

3/ Dodge to your R 45 degrees forming L. L-stance – execute mid Turning kick to opponents solar plexus and then a reverse turning kick to opponents head with the same foot, (back leg L).

4/ Dodge to your R 45 degrees forming L. L-stance – execute middle Turning kick to opponents solar plexus with back foot (L), place foot down beside R foot and execute a high reverse turning kick to opponents head.

5/ Dodge to your R 45 degrees forming R. L-stance – execute middle Side Piercing kick (front foot (L)) to opponents ribs, place foot down beside R foot and execute a mid Back Piercing kick (R leg).

### **Side Kick Attack (attacker lands in a sitting stance)**

#### **Defence;**

6/ Slide to the rear while forming L rear foot stance, then skip forward and execute a pressing kick to opponent's knee, with the front foot (R) and then a high side piercing kick with the same foot.

7/ Slide to the rear while forming R rear foot stance, then skip forward and execute a pressing kick to opponent's knee, with the front foot (L) and then a high reverse turning kick with the same foot (skip in on second kick to gain distance).

8/ Dodge to your R 45 degrees forming L L- stance – execute a flying side piercing kick with the back foot (L) to opponents face.

9/ Dodge to your R 45 degrees forming R L- stance – execute a flying turning kick with the rear foot (R) to opponents face.

### **Turning Kick Attack**

#### **Defence;**

10/ Execute a crescent kick block with R foot and then a turning kick to opponent's solar plexus with the same foot.

11/ Execute a crescent kick block with R foot, place R foot down beside L foot and execute a middle back piercing kick with the L foot.

12/ Execute a crescent kick block with R foot, place R foot down beside L foot and execute a high reverse turning kick with the L foot.

**ABBREVIATIONS:**

- W.S. Walking Stance
- L.S. L-Stance
- S.S. Sitting Stance