

## Two Step Pre Set Sparring - Ibo Matsogi (5 - 7)

No.	Attacker	Defender
5	Right Front Smashing Kick	Right W.S. X Fist Pressing Block
	Left W.S. Obverse Punch	Slide out (to left) Right L.S. Forearm Guarding Block
		<b>Right Turning Kick &amp; Left L.S. Backfist Strike</b>
6	Right F.S. Punch	Right L.S. Palm Inward Block
	Right Front Reverse Turning Kick	Left L.S. Outer Forearm Block
		<b>Jumping Right Knifehand Strike</b>
7	Left L.S. Knifehand Strike	Left L.S. Knifehand Middle Block
	Left Back Piercing Kick	Right L.S. Waist Block
		<b>Jumping Left Knifehand Strike</b>

### ABBREVIATIONS:

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