

## Two Step Pre Set Sparring - Ibo Matsogi (1 - 4)

No.	Attacker	Defender
1	Right W.S. Obverse Punch Left Front Smashing Kick	Left W.S. Inner Forearm Middle Block
		Right W.S. X Fist Pressing Block
		<b>Right W.S. Twinfist Vertical Punch</b>
2	Left L.S. Reverse Punch Left Turning Kick	Right L.S. Palm Inward Middle Block
		Left L.S. Outer Forearm Waist Block
		<b>Right L.S. Side Elbow Thrust</b>
3	Right Front Smashing Kick Left W.S. Twin Vertical Punch	Right W.S. X Fist Pressing Block
		Left W.S. Wedging Block
		<b>Grab Head with both hands &amp; Kick to lower abdomen using Right Knee.</b>
4	Right W.S. Flat Fingertip Thrust Left Side Piercing Kick	Left W.S. Knifehand Rising Block
		Left L.S. Palm Inward Block
		<b>Left Front Smashing Kick / Left W.S. Twinfist Upset Punch</b>

### ABBREVIATIONS:

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