

Three Step Pre Set Sparring - Sambo Matsogi (1 to 4)

No.	Attacker	Defender
1	Right W.S. Obverse Punch	Left W.S. Inner Forearm Middle Side Block
	Left W.S. Obverse Punch	Right W.S. Inner Forearm Middle Side Block
	Right W.S. Obverse Punch	Left W.S. Inner Forearm Middle Side Block
		Left W.S. Reverse Punch
2	Right W.S. Obverse Punch	Right W.S. Inner Forearm Middle Side Block
	Left W.S. Obverse Punch	Left W.S. Inner Forearm Middle Side Block
	Right W.S. Obverse Punch	Right W.S. Inner Forearm Middle Side Block
		Step Out to Left Sitting Stance Double Punch
3	Right W.S. Obverse Punch	Left L.S. Knifehand Middle Side Block
	Left W.S. Obverse Punch	Right L.S. Knifehand Middle Side Block
	Right W.S. Obverse Punch	Left L.S. Knifehand Middle Side Block
		Slide in Left L-Stance Middle Knifehand Strike
4	Right W.S. Obverse Punch	Sitting Stance Inward Block (inside)
	Left W.S. Obverse Punch	Sitting Stance Inward Block (inside)
	Right W.S. Obverse Punch	Sitting Stance Inward Block (inside)
		Slide in Right L-Stance Side Elbow Thrust

ABBREVIATIONS:

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