

FREE STUDY GUIDE

Three Step Sparring

Sambo Matsoki — all ten numbered sets, the defence and counter attack for each, plus how the exercise is set up and the semi free sparring that follows it.

FOR
Yellow Belt → Green Belt

COVERS
All 10 numbered sets

KOREAN
Sambo Matsoki

Set sparring is a controlled, prearranged set of movements designed to help the student develop focus, distance and timing. It is a safe way of introducing self defence techniques, and a prelude to free sparring. It is introduced at 8th Kup yellow belt.



How three step sparring is set up

- Measure first: the attacking student measures the distance to their opponent, as demonstrated by their instructor.
- The attacker starts in left walking stance (right leg back) with a left arm low section outer forearm block, then kihaps to show they are ready.
- The attacker performs three middle section obverse punches, at a steady pace.
- The defender starts in parallel ready stance and kihaps when ready to defend.
- The ready position is the same for all ten sets.
- Only the defence is set — the attack is those same three punches every time.



Focus, distance & timing — what set sparring is for

Focus

A means of control, to effectively defend against incoming attacks and to respond with an accurate and speedy counter attack.

Distance

Correct distancing ensures defensive and attacking techniques are effective and that the exercise is carried out safely.

Timing

Timing is critical to the effective execution of both blocking and attacking techniques. Deflection and strikes are only effective if timed correctly.

The ten sets

The attack is the same every time — three middle section obverse punches — so only your defence changes from set to set. Numbers are listed under the grade that introduces them; gradings are cumulative, so you keep every set below yours.

Yellow • 8th Kup • numbers 1, 2, 3, 4

Number 1 YELLOW · 8TH KUP**DEFENCE — AGAINST EACH OF THE THREE PUNCHES**

- ① Left Walking Stance, Middle Section Inner Forearm Block
- ② Right Walking Stance, Middle Section Inner Forearm Block
- ③ Left Walking Stance, Middle Section Inner Forearm Block

COUNTER ATTACK**Left Walking Stance, Middle Section Reverse Punch**

Draw back the blocking arm and perform a middle section reverse punch towards the attacker's solar plexus.

Number 2 YELLOW · 8TH KUP**DEFENCE — AGAINST EACH OF THE THREE PUNCHES**

- ① Left L Stance, Middle Section Inner Forearm Block
- ② Right L Stance, Middle Section Inner Forearm Block
- ③ Left L Stance, Middle Section Inner Forearm Block

COUNTER ATTACK**Left L Stance, High Section Knife Hand Strike**

Move the rear leg to the left, then the front leg into an L stance to the outside of the opponent's front foot, striking to the high section with the knife hand.

Number 3 YELLOW · 8TH KUP**DEFENCE — AGAINST EACH OF THE THREE PUNCHES**

- ① Left L Stance, Middle Section Outer Forearm Inward Block
- ② Right L Stance, Middle Section Outer Forearm Inward Block
- ③ Left L Stance, Middle Section Outer Forearm Inward Block

COUNTER ATTACK**Left L Stance, Back Fist Front Strike**

Number 4

 YELLOW · 8TH KUP

DEFENCE — AGAINST EACH OF THE THREE PUNCHES

- ① Left L Stance, Middle Section Inner Forearm Block
- ② Right L Stance, Middle Section Inner Forearm Block
- ③ Left L Stance, Middle Section Inner Forearm Block

COUNTER ATTACK

Sitting Stance Middle Section Measure → Sitting Stance Middle Section Right Punch →

Sitting Stance Middle Section Left Punch

Move the rear leg to the left into a sitting stance. A measure is made with the left hand, followed by a double punch.

Green Tag · 7th Kup · numbers 5, 6, 7

Number 5

 GREEN TAG · 7TH KUP

DEFENCE — AGAINST EACH OF THE THREE PUNCHES

- ① Right L Stance, Middle Section Outer Forearm Block
- ② Left L Stance, Middle Section Outer Forearm Block
- ③ **Blocked as part of the counter attack — see below**

One hand blocks the third punch while the other strikes, in the same movement.

COUNTER ATTACK

Sitting Stance, High Section Punch / Outer Forearm Middle Block

Slide the right leg into sitting stance and perform a middle section outer forearm block to the inside of the opponent's punching arm, whilst simultaneously punching towards the opponent's jaw with the right fist.

↔ Still three steps. The third block isn't a separate move — it happens at the same moment as the counter: one hand blocks the punch while the other strikes.

Number 6

GREEN TAG · 7TH KUP

DEFENCE — AGAINST EACH OF THE THREE PUNCHES

- ① Right L Stance, Middle Section Knife Hand Block
- ② Left L Stance, Middle Section Knife Hand Block
- ③ **Blocked as part of the counter attack — see below**

One hand blocks the third punch while the other strikes, in the same movement.

COUNTER ATTACK

Sitting Stance, High Section Knife Hand Inward Strike / Knife Hand Middle Block

Slide the right leg into sitting stance with a middle section knife hand block to the inside of the opponent's punching arm, whilst simultaneously executing an inward moving knife hand strike to the opponent's neck with the right knife hand.

↔ Still three steps. The third block isn't a separate move — it happens at the same moment as the counter: one hand blocks the punch while the other strikes.

Number 7

GREEN TAG · 7TH KUP

DEFENCE — AGAINST EACH OF THE THREE PUNCHES

- ① Right L Stance, Middle Section Outer Forearm Block
- ② Left L Stance, Middle Section Outer Forearm Block
- ③ Right L Stance, Middle Section Forearm Guarding Block

COUNTER ATTACK

Right Leg Middle Section Front Kick → Walking Stance Middle Section Obverse Punch →

Walking Stance Middle Section Reverse Punch

Slide backwards on a right 45° diagonal away from the opponent in forearm guarding block, performing a right leg front kick followed by a double punch in walking stance. Both attacks are aimed towards the opponent's solar plexus.

Green · 6th Kup · numbers 8, 9, 10

Number 8

GREEN · 6TH KUP

DEFENCE — AGAINST EACH OF THE THREE PUNCHES

- ① Right L Stance, Middle Section Knife Hand Block
- ② Left L Stance, Middle Section Knife Hand Block
- ③ Right L Stance, Middle Section Knife Hand Guarding Block

COUNTER ATTACK

Right Leg Middle Section Side Kick → L Stance High Section Knife Hand Strike

Slide backwards on a right 45° diagonal in knife hand guarding block. Perform a rear leg side kick towards the opponent's solar plexus, followed by a right knife hand strike in a left L stance towards the side of the opponent's neck.

Number 9

GREEN · 6TH KUP

DEFENCE — AGAINST EACH OF THE THREE PUNCHES

- ① Right L Stance, Middle Section Palm Inward Pushing Block
- ② Left L Stance, Middle Section Palm Inward Pushing Block
- ③ Right L Stance, Middle Section Palm Inward Pushing Block

COUNTER ATTACK

Right Leg Middle Section Turning Kick → Chamber Position for High Section Knife Hand Strike →

Vertical Stance High Section Knife Hand Strike

Perform a middle section turning kick towards the opponent's solar plexus. The spent foot is placed next to the opponent's leading foot, drawing the rear foot up to form a vertical stance, striking the back of the opponent's neck with a right knife hand strike.

Number 10

GREEN · 6TH KUP

DEFENCE — AGAINST EACH OF THE THREE PUNCHES

- ① Right L Stance, Middle Section Knife Hand Block
- ② Left L Stance, Middle Section Knife Hand Block
- ③ Right L Stance, Middle Section Knife Hand Guarding Block

COUNTER ATTACK

Chamber Position for Middle Section Reverse Side Kick → Right Leg Middle Section Reverse Side Kick
→ Walking Stance High Section Reverse Knife Hand Strike

Slide backwards on a right 45° diagonal in a knife hand guarding block. Perform a reverse side kick with the right leg to the opponent's solar plexus, followed by a reverse knife hand strike with the left hand in right walking stance towards the side of the opponent's neck.

Three step semi free sparring — Ban Jayoo Matsoki

The same three-step shape, but the attacker kicks instead of punching. Students kihap to tell each other they are ready to begin, and the defending student kihaps again on the counter attack.

Basic · 6th Kup Green Belt

Attack: From forearm guarding block in a right L stance, three kicks in this order: front kick, side kick, turning kick. All to the middle section.

Defence: Block each kick with an L stance waist block. Counter with a reverse punch to the attacker's solar plexus.

Intermediate · 5th Kup Blue Tag

Attack: From forearm guarding block in a right L stance, any three kicks of the attacker's choice — front, side, turning, reverse side or back kick. All to the middle section.

Defence: Block each kick with a waist block. The counter attack can be any hand technique appropriate to grade.

Advanced · 4th Kup Blue Belt

Attack: From forearm guarding block in L stance, any three hand or foot techniques. No jumping or flying techniques on the attack.

Defence: Any appropriate block or avoiding manoeuvre, countering with any hand or foot technique. Jumping and spinning are allowed.

Where this sits in your training

FORM	KOREAN	INTRODUCED AT
3 step sparring	Sambo Matsoki	8th Kup Yellow Belt
2 step sparring	Ibo Matsoki	5th Kup Blue Tag
1 step sparring	Ilbo Matsoki	3rd Kup Red Tag onwards
Free sparring	Jayoo Matsoki	Introduced early in most clubs

Make it stick



Printed decks for every belt, posted to you: £8.99 each, two-belt bundles £14.99, every deck £49.99 at tkd-toolkit.com/shop. Decks are cumulative: buy the one for the belt you wear now, plus any earlier ones.