

FREE STUDY GUIDE

Two Step Sparring

Ibo Matsoki — all eight numbered sets, attack and defence side by side, with the counter attack for each and how the exercise is set up.

FOR Blue Tag → Blue Belt COVERS All 8 numbered sets KOREAN Ibo Matsoki

Two step sparring is where the attack starts to vary. Unlike three step, both the attack and the defence are set, and they combine hand and foot techniques — so you must know both sides of every number.



How two step sparring is set up

- Two step sparring builds on the skills developed in three step sparring.
- The attacker begins in right L stance with a forearm guarding block. The attacks vary between sets and combine hand and foot techniques.
- The defender begins in parallel ready stance and answers each technique with the set block or combination.
- Focus, distance and timing must ensure every attack is blocked effectively and the counter is performed with realism.
- Roles are then reversed and the sequences repeated until you are asked to stop.



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 eight sets

Read each row left to right: the attacker's technique, then the block that answers it. Learn both roles — you will be asked to swap.

Blue Tag • 5th Kup • numbers 1, 2, 3, 4

Number 1

 BLUE TAG · 5TH KUP

ATTACK

- ① Walking Stance High Obverse Punch
- ② Left Leg Front Kick

DEFENCE

- Walking Stance Outer Forearm Rising Block
- Walking Stance X Fist Pressing Block

COUNTER ATTACK

Chamber Position → Walking Stance Twin Vertical Punch

Number 2

 BLUE TAG · 5TH KUP

ATTACK

- ① Fixed Stance Side Punch
- ② Left Leg Turning Kick

DEFENCE

- L Stance Palm Upward Block
- L Stance Waist Block

COUNTER ATTACK

L Stance Side Elbow Thrust

Number 3

 BLUE TAG · 5TH KUP

ATTACK

- ① Right Leg Front Snap Kick
- ② Walking Stance Twin Vertical Punch

DEFENCE

- Walking Stance X Fist Pressing Block
- Walking Stance Outer Forearm Wedging Block

COUNTER ATTACK

Chamber Position → Left Leg Front Knee Kick

⚠ Safety — Do NOT pull your opponent down towards the knee kick. Release your hands from their shoulders and simulate the strike to the solar plexus.

Number 4

 BLUE TAG · 5TH KUP

ATTACK

- ① Walking Stance Flat Fingertip Thrust
- ② Left Leg Side Kick

DEFENCE

- Walking Stance Knife Hand Rising Block
- L Stance Palm Pushing Inward Block

COUNTER ATTACK

Left Leg Front Kick → Walking Stance Twin Upset Punch

Blue · 4th Kup · numbers 5, 6, 7, 8

Number 5

BLUE · 4TH KUP

ATTACK

- ① Chamber Position, then Right Leg Middle Section Reverse Side Kick
- ② Walking Stance High Section Palm Strike

DEFENCE

- L Stance Palm Waist Block
- L Stance Outer Forearm Inward Block

COUNTER ATTACK

Walking Stance Middle Section Reverse Knife Hand Strike

Number 6

BLUE · 4TH KUP

ATTACK

- ① Right Leg High Section Turning Kick
- ② Walking Stance High Section Arc Hand Strike

DEFENCE

- Sitting Stance Twin Straight Outer Forearm Checking Block
- L Stance Hooking Block & Grab

COUNTER ATTACK

Left Leg Middle Section Side Kick

Number 7

BLUE · 4TH KUP

ATTACK

- ① L Stance Middle Section Side Fist Strike
- ② Left Leg Middle Section Reverse Turning Kick

DEFENCE

- L Stance Twin Outer Forearm Block
- L Stance Forearm Guarding Block

COUNTER ATTACK

Right Leg High Section Reverse Turning Kick

Number 8

BLUE · 4TH KUP

ATTACK

- ① Right Leg Middle Section Side Kick
- ② Chamber Position, then L Stance High Section Spinning Knife Hand Strike

DEFENCE

- L Stance Inner Forearm Inward Waist Block
- L Stance Knife Hand Guarding Block

COUNTER ATTACK

X Stance High Section Back Fist Side Strike

 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.