

EXPLANATION OF SPARRING (Matsogi)

THREE STEP SPARRING (Sambo Matsogi)

This is the basic sparring exercise among beginners. This is an exercise for familiarization of correct attack and defence techniques utilising hand parts against high, middle and low targets, whilst stepping backwards and forwards.

TWO STEP SPARRING (Ibo Matsogi)

The purpose of two-step sparring is to acquire mixed techniques of hand and foot. The attacker must use both the hand and foot alternatively. It is entirely optional whether the attacker uses the hand or foot first.

ONE STEP SPARRING (Ilbo Matsogi)

This sparring is considered the most important one from the point of view that the utmost ultimate goal of Taekwon-Do, in real combat, is to win the victory with just a single blow. As a matter of fact, this is not only exercised at all levels but also in actual situations.

It is advisable for the student to apply all techniques exclusively, including body shifting under various assumptions. The secret of this sparring is to deliver a completely accurate, speedy and decisive blow at the opponent's vital spot at the right time with the right weapon while defending against the opponent's attack effectively.

MODEL SPARRING SPARRING (Mobum Matsogi)

The primary purpose of this sparring is to show the agility and skill of the demonstrator and the physical application of every single movement. This is normally accomplished with repetition of the same movement in slow motion. The role of the counterpart in the demonstration is to provide a precise target upon which the demonstrator acts. The distance between the players can be adjusted freely by the demonstrator and the counterpart executes only one blow that is prearranged during each display.

FREE SPARRING (Jayoo Matsogi)

Free sparring is essentially open combat with controlled attacking. In free sparring there is pre-arranged mode between the students and both participants are completely free to attack and defend with any available means and method with one exception, the attacker must stop the attacking tool just before hitting a vital.