

STEP SPARRING ALL GRADES

9th Gup to 1st Gup



Yellow stripe (9th gup) for promotion to 8th gup

- Sparring:** a. Three step sparring (*sambo matsogi*)
- One way, alone, hand techniques
- Compulsory techniques: Inner forearm side block, front punch, flat fingertip thrust

Yellow belt (8th gup) for promotion to 7th gup

- Sparring:** a. Three step sparring (*sambo matsogi*)
- One way, with companion, hand techniques
- Compulsory techniques:
Knifehand side block, knifehand side strike, reverse knifehand strike
- Examples: [A = Attack D = Defence C = Counter attack]
- [A] W-stance punch [D] W-stance inner forearm block
[C] W-stance flat fingertip thrust
[A] W-stance high punch [D] W-stance knifehand high block
[C] S-stance reverse knifehand front strike
[A] W-stance front snap kick [D] W-stance forearm low block
[C] L-stance knifehand strike

Green stripe (7th gup) for promotion to 6th gup

- Sparring:** a. Three step sparring (*sambo matsogi*)
- One way, with companion, foot techniques
 - Two way, alone and with companion
- Compulsory techniques (one way):
Front snap kick, turning kick, side piercing kick
- Examples: [A = Attack D = Defence C = Counter attack]
- [A] L-stance reverse punch [D] L-stance inner forearm block
[C] Side front snap kick (front foot)
[A] L-stance reverse punch [D] L-stance knifehand guarding block
[C] Dodge and turning kick (rear foot)
[A] L-stance knifehand strike [D] L-stance outer forearm inward block
[C] Side piercing kick (front foot)

Green belt (6th gup) for promotion to 5th gup

- Sparring:** a. Two step sparring (*ibo matsogi*) – foot and hand techniques
- Compulsory techniques:
Crescent kick, side turning kick, reverse turning kick
- Examples: [A = Attack D = Defence C = Counter attack]
- [A] W-stance middle punch, low front snap kick
[D] W-stance inner forearm block, W-stance knifehand low block
[C] Middle reverse punch

- [A] Side piercing kick, step forward L-stance reverse punch
[D] L-stance palm downward block, knifehand guarding block
[C] Side piercing kick (front foot)

- [A] L-stance knifehand side strike, side turning kick
[D] Crescent kick, dodge to L-stance forearm guarding block
[C] Reverse turning kick

Blue stripe (5th gup) for promotion to 4th gup

- Sparring:** a. Two step sparring (*ibo matsogi*) – foot and hand techniques
- Compulsory techniques:
Hooking kick, reverse hooking kick, twisting kick
- Examples: [A = Attack D = Defence C = Counter attack]
- [A] W-stance middle punch, low front snap kick
[D] W-stance inner forearm block, W-stance knifehand low block
[C] W-stance front elbow strike
- [A] Side piercing kick, step forward L-stance reverse punch
[D] L-stance palm downward block, dodge to forearm guarding block
[C] Reverse hooking kick (front foot)
- [A] L-stance knifehand side strike, side turning kick
[D] Right hooking kick, L-stance outer forearm inward block
[C] Step, twisting kick

Blue belt (4th gup) for promotion to 3rd gup

- Sparring:** a. One step sparring (*ilbo matsogi*) – flying kicks
- Compulsory techniques:
Flying front snap kick, flying turning kick, flying side piercing kick
- Examples: [A = Attack D = Defence C = Counter attack]
- [A] W-stance punch [D] RF-stance upward block
[C] Flying turning kick
[A] W-stance flat fingertip thrust [C] Flying front snap kick
[A] Side turning kick [D] Dodge to forearm guarding block
[C] Flying side piercing kick (front foot)

Red stripe (3rd gup) for promotion to 2nd gup

- Sparring:** a. One step sparring (*ilbo matsogi*) – flying techniques
- Compulsory techniques:
Flying back piercing kick, flying reverse turning kick, flying vertical kick
- Examples: [A = Attack D = Defence C = Counter attack]
- [A] W-stance punch [D] Hooking kick [C] Flying inward vertical kick
[A] W-stance upset fingertip thrust [D] Dodge to knifehand low guarding block
[C] Flying back piercing kick
[A] Side piercing kick [D] Crescent kick [C] Flying reverse turning kick

Red belt (2nd gup) for promotion to 1st gup

- Sparring:** a. One step sparring (*ilbo matsogi*) – flying techniques
- Compulsory techniques:
Flying reverse hooking kick, flying twisting kick, mid-air kick
- Examples: [A = Attack D = Defence C = Counter attack]
- [A] W-stance punch [D] L-stance palm downward block
[C] Flying reverse hooking kick (front foot)
[A] W-stance flat fingertip thrust
[D] Dodge to L-stance guarding block [C] Mid-air kick
[A] Back piercing kick [C] Flying twisting kick

Black stripe (1st gup) for promotion to 1st dan

- Sparring:** a. Step sparring
- Competency in all gup levels of the step sparring syllabus as requested by the Examiners. This may include one step sparring where the attacker or the examiner determines the techniques that the attacker performs. Must demonstrate right and left sides equally for one step sparring.