



BURNTWOOD & CANNOCK

SPARRING

THREE STEP SPARRING

IS FOR PRACTICING TECHNIQUES SAFELY BUT ALSO HELPING YOU JUDGE BOTH FOCUS DISTANCE AND TIMEING AGAINST A FOREFIST PUNCH.

THREE STEP SEMI FREE SPARRING

IS FOR DEMONSTRATING THREE ATTACKS OF YOUR CHOICE IN A FORWARD ATTACK YOU ARE EXPECTED TO SHOW A LEVEL OF SKILL COMMENSURATE WITH YOUR GRADE.

TWO STEP SPARRING

IS SIMILAR TO THREE STEP SPARRING BUT AGAINST DIFFERING ATTACKS REQUIREING A HIGHER LEVEL OF FOCUS DISTANCE AND TIMEING.

ONE STEP SPARRING

IS FOR THE PRACTICE OF SELF DEFENCE AND THE USE OF ANY VALID ATTACK IS ACCEPTED.

FREE SPARRING

IS THE UNPROGRAMMED EXCHANGE OF TECHNIQUES BETWEEN TWO PARTNERS.

THREE STEP SPERRING

TWO STEP SPARRING

THREE STEP SEMI FREE SPARRING

ONE STEP SPARRING

FREE SPARRING

SAMBO MATSOKI

IBO MATSOKI

BAN JAYOO MATSOKI.

ILBO MATSOKI

JAYOO MATSOKI.