

SPARRING

(Matsogi)

Virtually sparring can be divided into free or match sparring like boxing and pre-arranged sparring. The former is to promote courage and fighting spirit, to train the eyes, to read the opponent's tactics and manoeuvres, and also to test his skills and abilities. The latter is purported to promote confidence by experimenting with attack and defence techniques learned from pattern and fundamental exercise through the physical application against an actual moving opponent or opponents under various situations.

In addition, it is designed to forge the attacking and blocking tools, making sparring inseparable from pattern and fundamental exercise.

Sparring is further classified as follows:

SYSTEM OF SPARRING (Matsogi Jedo)

Sparring is classified into pre-arranged, semi-free, free, foot technique, model and pre-arranged free sparring.