

U.S. Soo Bahk Do Moo Duk Kwan Federation Inc.

Also known as The U.S. Tang Soo Do Moo Duk Kwan Federation

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Multiple Opponent Sparring

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INTRODUCTION

There are three general strategies or reactions most students have in multiple-opponent sparring:

- **Running** – People who try to get away and avoid the attackers.
- **Hesitation or deliberately sparring in the middle** - People who unintentionally or otherwise get stuck between the attackers and try to spar from the center.
- **Grabbers or grapplers** – People who try to grab, control, or wrestle one or more attackers.

The three most commonly used strategies for multiple opponent sparring when used incorrectly often have three predictable results:

- **Running** – Running is normally backwards which means you end up getting run down by an opponent.
- **Hesitation** - Waiting for the opponents to attack then counter attacking often resulting in being caught in the middle.
- **Grabbing** – Means losing your arms for defense.

The concept in multiple opponent sparring is to line them up and spar one at a time, shifting and changing opponents as the situation dictates. Rather than be predictable in your reactions and your defense - Mix it up! Be the chameleon and modify or adjust your strategy as the situation and the styles or power of the attackers dictate. What is expected when in multiple opponent sparring? An aggressive defense that is unpredictable and effective. What is observed in multiple opponent sparring? Anxiety, too much uncontrolled tension and not enough relaxation and reacting to what the opponents do.

SKILL DEVELOPMENT

INDIVIDUAL AND SINGLE-PARTNER DRILLS

The following drills and concepts apply in multiple opponent sparring situations as well as standard 1-on-1 sparring. Many techniques used in single opponent sparring will also work with multiple opponents. The skill in multiple opponent sparring is knowing which techniques to use and the appropriate time to use them.

As with all of your Soo Bahk Do training, practice is the key to skill development. The following individual and single partner drills will help you develop the skills necessary to improve in multiple opponent sparring situations. Try them, experiment, and see what works for you and your students.

1. **Running Defense** - Running forward while facing sideways in a lateral/side stance, hands up to defend, elbows in close while blocking low and high. (Note: defensive/side stance is very important when facing an attacker to present less of a target).
2. **Running Punches** - Running in a more-forward/front stance, throwing hard, charging reverse punches with every single step. (Pay attention to footwork and stepping).
 - a. **Partner drill** using the 2 concepts above (Running Defense and Running Punches) – Partners alternate as the attacker and defender.
3. **Aggressive Defense** - Charge in and control (run over) the opponent, even though you are blocking and on the defensive, swarm & overcome him/her. Use hard blocking and elbow leverage to deflect attacks, unbalance their offense, and upset their timing and rhythm. Finish the drill with a single counter-punch.
4. **Passive Offense** - Stepping back to allow the charging attacker to come in & close the gap, but throwing kicks and hand strikes as you retreat to keep them occupied and off-rhythm.

5. **Running (away) jump side kick** - Running away from the attacker(s) in forward stance watching over your shoulder at all times; every few steps jump up (pumping the kicking leg's knee forward first) and drive a side/back kick behind you.... It may not connect but it should make them think twice about getting closer. Most important part is to pump the leg forward before kicking back.
6. **Front push-kick** (*Ahp Mee-Rho Cha Gi or Bal Ro Mul Kee*) - Leg & knee chamber up high like front kick; use the flat bottom of your foot to push (not strike) against attacker's chest or abdomen, with full hip/leg extension. Close the gap immediately as they are pushed back off-balance with jumping or sliding up front or round kick, or shuffle-step forward & punch or throw combinations. This is a key defensive technique as it is easy to control, very effective, and can avoid injuring your opponent unnecessarily.
7. **Kicking Partner drills** - After practicing the above 2 kicking drills solo, practice with a partner.
8. **Grabbing with your foot** - Front and rear leg techniques can be used to disturb the balance of your opponent. Note these are not tripping or kicking techniques but "grabbing" an opponent's ankle or lower leg with your foot. It's important that you practice to remain in a defensive posture while executing these techniques.
9. **Kick defense with takedown** - Attacker comes in with front, round, or sidekick (stepping through or jumping). Defender shifts, slides, or steps back with a loose-wrist downward (or middle or high) block
10. **Keep the forearm strong** (*full of energy*) and the wrist loose so it creates a natural trapping motion to hook the ankle.
11. **Trap their leg up and place them off-balance** as you step in close. Place your lead foot just behind to their base foot, your leading hand striking or slapping up into the

face. Aim their line of sight to the sky – a simple easy push topples them over & down, then finish with a punch or other strike.

12. **Maintain a grip on the foot/ankle**, drag and roll them over as you step back and away, using them as a barrier against possible other attackers.



MULTIPLE OPPONENT SPARRING DRILLS

(3 and 30 second sets)

For your Dan examination you will be expected to spar a minimum of two 3 to 5 second rounds followed by a 30 second round. Try the following drills with multiple opponents:

1. **Explode** - When facing two or more attackers just pick one and EXPLODE off the line and run them over! Be aggressive and overwhelm attacker #1. This may cause #2 to hesitate.
2. **Hesitate** - Next set change it up and hesitate for a split second, with feint/head fake and Ki-Hap loudly. Make them wonder “where’s the freight train coming from next?” If they freeze for a moment THEN explode and attack, or defend if they move in first. Keep your opponent(s) guessing – use feints, misdirection, vocalizations, and hesitation, to keep your opponent thinking about what you are capable of doing. BE UNPREDICTABLE!
3. **Change Body postures** – Try hiding behind your hands and arms (like playing a game of tag). Bob and weave. A defensive hand position will allow you to be aggressive with a simple change of body posture. When attacking you are naturally more exposed, when defending keep your body at an angle presenting fewer clear target areas.
4. **Get to the outside** – Move quickly to the outside of one attacker as you throw techniques to keep them in a line; deal with whoever is closer first & use him/her as a shield against the other one. This concept works well if you can get behind one opponent, stick very close, and control them/attack them so that they can’t face you. Switch off if necessary if the second opponent gets around and has a clear line towards you, change it up and get outside or behind them and use #2 as the shield. Be flexible and adaptable at all times!
5. **Sweep or takedown** - Always look for a sweep or takedown opportunity when facing multiple attackers.

SUMMARY AND CONCLUSION

On the street the best option is always to find a way to avoid conflict. Running away is acceptable and encouraged if it gets you away from the situation and out of trouble. If you must spar multiple opponents always give the appearance of being a strong, alert, capable opponent. Start with a plan, but be ready to quickly change to the changing situation.

Will you be better prepared now that you have taken this clinic? Not unless you practice the drills and incorporate the concepts presented. A few closing thoughts as you take home and practice the drills worked today:

- Most people can run faster forwards then they can run backwards. Running backwards normally gets you run over.
- You should be strive for a feeling of 90% relaxation, and create tension or “fullness” only at the very end (impact) of a technique.
- Think of being able to use any technique both offensively and defensively.
- Develop and relate drills in your regular training that apply to multiple opponent sparring (even if you’re not actually sparring with multiple opponents).
- The themes for the clinic: have an aggressive defense, have a plan, and be unpredictable.
- **Attend class regularly with your instructor and Practice, Practice, Practice!!!**



Soo Bahk!

THE PURPOSE OF THE FEDERATION

"The Federation's purpose is to prepare a home in the United States for a unified Moo Duk Kwan assembly. It must earn the right and the privilege of having many Master's Dans and Gups, who study Soo Bahk Do, as it's membership.

As a vehicle that promulgates the Korean Martial Art of Soo Bahk Do, it must keep developing the environment, atmosphere and respectability that will encourage many individuals to join in this unification effort and process.

The home that is being built must be a warm, comfortable and peaceful place that can be respected by all the Moo Duk Kwan stylists. It should have the ability to understand and serve each member's needs.

The present Federation members are the carpenters of this home. If the job is well done, tenants will surely move in and the Moo Duk Kwan assembly will finally have a home in the United States other than in their minds and hearts."

MISSION 2000

Human Relationships (U.S.): Continue to develop the atmosphere of Respect, Courtesy, Friendship, Brotherhood, Cooperation and Goodwill, within the Soo Bahk Do membership.

Human Relationships (Worldwide): The Atmosphere identified in number one should become consistent throughout the world. The U.S. should be the leading energy force developing and distributing this atmosphere.

Moo Do Organization: We are a martial (Moo Do) organization and we must continue to develop appropriately.

Administration of the Organization: The officers and the Board of Directors should take a more active role regarding the administration of the Federation.

Member's Organization: This is a member's organization. We must all work to produce a caring and helpful atmosphere for mutual benefit.

Financial Stability: We should take a more aggressive approach toward creating a financially stable organization.