



**Houston, Texas 2003  
Memorial Park**  
Chayon-Ryu students from all over join  
together to train outdoors.

## Teaching White Belt Sparring

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Sparring can be very intimidating for a nervous white belt. In my efforts to constantly refine Chayon-Ryu, I am instructing you to teach white belts in the following manner.

White belts need to start with pre-arranged combinations. They will always start as the attacker and you as the defender. It is necessary for you to make the beginner feel comfortable sparring, not scared or worried about their survival. Keep talking to a minimum. At their level, practice is more important than talking. Instructors must use correct blocking techniques. Instructors and assistants are not to free spar without the white belt having learned these pre-arranged combinations. It is very important to start with the right foot in front for both the attacker and defender. The defender should not change their stance at any time, always keeping the right foot in front. Memorize these sequences so that you feel comfortable with them.

1. Front running kick, front kick, roundhouse kick, neck strike
2. Skip roundhouse kick, front kick, roundhouse kick, neck strike
3. Skip side kick, front kick, roundhouse kick, neck strike

Chayon-Ryu is a teaching method based on natural progression. H-pattern is taught before basic form one. You could learn basic form one without H-pattern but it is confusing. You could also learn free sparring without prearranged sparring, but again it is confusing. If you were a beginner and your sparring partner was jumping around treating it as a competition, I am sure you would feel uncomfortable. Be generous and teach them how to spar. Build their confidence through successful experiences. It is just common sense really. Try to help new students as much as possible. They will be your training partners in the future.