

# *PART TEN*

## *Free Sparring*

## Free Sparring

Free sparring is a directly combative aspect of Tong-Il Moo-Do training. In it, the defensive skills of students are developed in controlled fighting practice. Through this activity of free-flowing give and take, the student can gauge and refine his understanding of applied defensive technique and strategy.

Furthermore, as in other aspects of Tong-Il Moo-Do practice, free-sparring also provides valuable character training: Just as it is a proving-ground for defensive skill, it is also an unusual opportunity to test one's ability to demonstrate and maintain virtue and purity of motivation under stress.

### I. Free Sparring Training

In free sparring training, the attitude of all students should be of mutual respect and commitment to each others' progress along the Way.

Students should strive to inherit both the technical skill and the instructive heart of the teacher, supporting the development of their fellow students.

Thus, sparring practice is an opportunity not only to refine one's own technique but also to conscientiously assist the progress of others. It is a vitally important chance to give and receive training in both skill and virtue.

### II. Free Sparring Competition

Since competition results in "wins" and "losses," this aspect of free sparring is distinctively sportive. It must be stressed, however, that Tong-Il Moo-Do competition is two-dimensional: It is a test of virtue as well as skill. Under competitive stress, a virtuous character is as evident — and at least as important — as combative skill.

Thus, the effort to win technical points must be balanced by the effort to "win" in demonstrating courtesy, courage, self-discipline, self-confidence, perseverance, indomitable spirit, etc.