



Dan Kumite



Attack #1

Left foot forward with hands up
Step in with a right front punch
Slide to the left keeping your right foot forward and do a right down block
Keeping the right foot forward throw a right front punch
Keeping the right foot forward complete a right down block

Defense #1

Start with the left foot forward with hands up
Step back and do a right circle block
Throw a right front kick off the forward foot
Switch stance to a left Sanchin stance and do a right circle block
Keep the left foot forward and throw a left low punch

Attack #2

Start with left foot forward with hands up
Step in with a right front punch
Step back with a right down block
Slide back with a left inside circle block
Throw a right front kick with your back leg

Defense #2

Start with the left foot forward with hands up
Step back with a right circle block
Step in with a left low punch
Step in with a right front punch
Slide back into a Seisan jump back position to catch the leg, show control of the leg then circle the leg to the right

Attack #3

Start with the left foot forward with hands up
Step in with a right front punch
Step back with a left low block
Step back with a right side roundhouse kick block

Defense #3

Start with the left foot forward with hands up
Step back with a right circle block
Throw a hopping right front kick off the forward foot then leave the right leg in front
Throw a left roundhouse kick off the rear leg

Attack #4

Start with the left foot forward with hands up
Throw a jumping front kick with your right leg
Land with your right leg in front
Drop your right foot back while doing a left cross block

Defense #4

Start with the left foot forward with hands up
Slide to the left and perform a Seichin circle block (the left hand touching the shoulder of the attacker and the right hand touching the knee of the attacker)
Step in with a right front punch

Attack #5

Start with the left foot forward and hands up
Step in with a right front punch
Step back and perform a left Hiraken high block
Throw a right roundhouse kick with the rear leg

Defense #5

Start with the right foot forward and hands up
Step back with a left inside circle block
Step in with a right shuto
Step back so your left foot is forward and perform a left roundhouse block