



## Kumite Three



### **Attack #1 (Student 1)**

Left foot forward with hands up  
Step in with a right low punch  
Step in with a left low punch

### **Defense #1 (Student 2)**

Left foot forward with hands up  
Step back with a right low block  
Step back with a left low block

### **Attack #1 (Student 2)**

Left foot forward with hands up  
Step in with a right low punch  
Step in with a left low punch

### **Defense #1 (Student 1)**

Left foot forward with hands up  
Step back with a right low block  
Step back with a left low block

### **Attack #2 (Student 1)**

Left foot forward with hands up  
Step in with a right middle punch  
Step in with a left middle punch

### **Defense #2 (Student 2)**

Left foot forward with hands up  
Step back with a right middle block  
Step back with a left middle block

### **Attack #2 (Student 2)**

Left foot forward with hands up  
Step in with a right middle punch  
Step in with a left middle punch

### **Defense #2 (Student 1)**

Left foot forward with hands up  
Step back with a right middle block  
Step back with a left middle block

**Attack #3 (Student 1)**

Left foot forward with hands up  
Step in with a right high punch  
Step in with a left high punch

**Defense #3 (Student 2)**

Left foot forward with hands up  
Step back with a right high block  
Step back with a left high block

**Attack #3 (Student 2)**

Left foot forward with hands up  
Step in with a right high punch  
Step in with a left high punch

**Defense #3 (Student 1)**

Left foot forward with hands up  
Step back with a right high block  
Step back with a left high block

**Attack #4 (Student 1)**

Left foot forward with hands up  
Step in with a right high punch

**Defense #4 (Student 2)**

Left foot forward with hands up  
Step back with a right high block  
Throw a nukite (a flat open hand strike) with the left hand