



Kumite #1



Attacker #1

Left foot forward, in a Sanchin stance, with hands up.
Step in with right punch.
Step in with left punch.
End with left foot forward, in a Sanchin stance, with hands up.

Defender #1

Left foot forward, in a Sanchin stance, with hands up.
Step back with right circle block.
Throw a right side kick, striking the right thigh of the attacker with the blade of your foot.
Step back with left circle block.
Throw a left side kick, striking the left thigh of the attacker with the blade of your foot.
End with left foot forward, in a Sanchin stance, with hands up.

Defender #2

Left foot forward, in a Sanchin stance, with hands up.
Step in with right punch.
Step in with left punch.
End with left foot forward, in a Sanchin stance, with hands up.

Attacker #2

Left foot forward, in a Sanchin stance, with hands up.
Step back with right circle block.
Throw a right side kick, striking the right thigh of the attacker with the blade of your foot.
Step back with left circle block.
Throw a left side kick, striking the left thigh of the attacker with the blade of your foot.
End with left foot forward, in a Sanchin stance, with hands up.

Attacker #3

Left foot forward, in a Sanchin stance, with hands up.
Step in with right punch.
Step in with left punch.
End with left foot forward, in a Sanchin stance, with hands up.

Defender #3

Left foot forward, in a Sanchin stance, with hands up.
Step back with right circle block.
Throw a left nukite, striking the attacker just below the ribs on his right side.
Step back with right cross block (down block is better).
Throw a left shoken, striking the attacker in the sternum.
End with left foot forward, in a Sanchin stance, with hands up.

Defender #4

Left foot forward, in a Sanchin stance, with hands up.
Step in with right punch.
Step in with a left punch.
End with left foot forward, in a Sanchin stance, with hands up.

Attacker #4

Left foot forward, in a Sanchin stance, with hands up.
Step back with left open double bladed chop block.
Step back with right open circle block.
Should have left foot forward, in a Sanchin stance, with hands up.
Throw a right back fist.

Attacker #5

Should have left foot forward, in a Sanchin stance, with hands up.
Step in with right punch.
Step in with a left punch.
End with left foot forward, in a Sanchin stance, with hands up.

Defender #5

Left foot forward, in a Sanchin stance, with hands up.
Step back with left open double bladed chop block.
Step back with right open circle block.
Should have left foot forward, in a Sanchin stance, with hands up.
Throw a right bushiken.