



Kyu-Kumite



Attack #1

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

Defense #1

Left foot forward in a Sanchin stance with hands up
Step back right circle block
Step back left circle block
Throw a right front punch to the lat as the counter

Attack #2

Right foot forward in a Sanchin stance with hands up
Step in with a left punch
Step in with a right punch
End with the right foot forward in a Sanchin stance with hands up

Defense #2

Left foot forward in a Sanchin stance with hands up
Step back with a right open circle block
(Open circle blocks will have the defenders hand end on the inside of the attackers wrist as opposed to the outside with a regular circle block)
Step back with a left cross block
Throw a right front punch at the chest of the attacker as the counter

Attack #3 (Same as attack #2)

Right foot forward in a Sanchin stance with hands up
Step in with a left punch
Step in with a right punch
End with the right foot forward in a Sanchin stance with hands up

Defense #3

Left foot forward in a Sanchin stance with hands up
Step back with a right cross block
Slide back with a right circle block
Throw a right front kick as the counter

Attack #4

Start with the left foot forward with hands up
Throw a right side thrust kick and land in a right Sanchin stance
Throw a left roundhouse kick and land in a left Sanchin stance
Step into a right Sanchin stance and throw a right Shuto

Defense #4

Left foot forward with hands up
Step back and do a left circle block
Do a shield block on the right side and then step back and land in a left Sanchin
(Shield blocks are done by bringing your right knee up to waist level and touch the right elbow with it)
Step into the attacker with a left highblock
Bring the arm down to the attackers side
Throw a right elbow and back fist as the counter

Attack #5

Start with the left foot forward with hands up
Slide in with a right front punch
Throw a right front kick and land in a right Sanchin stance
Throw a left roundhouse kick and land in a left Sanchin stance
Throw a right roundhouse kick and get spun 180 degrees by the defender and land in a horse stance

Defense #5

Left foot forward with hands up
Slide back with a left open circle block *(Open circle blocks will have the defenders hand end on the inside of the attackers wrist as opposed to the outside with a regular circle block)*
Step back with a left down block
Step back with a right roundhouse block *(This block is when you leave your right hand in Sanchin and bring over your left arm in a low block position to be able to trap the leg if wanted)*
Step back with a left roundhouse block *(This block is when you leave your left hand in Sanchin and bring over your right arm in a low block position to be able to trap the leg if wanted)*
Catch and throw the kick spinning the attacker 180 degrees
Put your left foot between the attackers horse stance
Put your left hand on the attackers right shoulder and lay your left arm against the upper back of the attacker
Throw a right reverse punch for the counter