

KIHON IPPON KUMITE (Basic 1 Attack Sparring) : SET 3

JODAN



1. Gedan Barai / Yoi



2. Age Uke



3. Grab Arm



4. Intermediate Move



5. Yoko Empi

CHUDAN



1. Yoi / Zenkutsu Dachi



2. Uchi Uke



3. Kizami Zuki



4. Gyaku Zuki

MAE GERI



1. Zenkutsu Dachi / Yoi



2. Kake Uke



3. Uraken Uchi



4. Gyaku Zuki

KIHON IPPON KUMITE (Basic 1 Attack Sparring) : SET 3

KEKOMI



1. Zenkutsu Dachi / Yoi



2. Soto Uke



3. Gyaku Zuki

MAWASHI GERI



1. Yoi / Zenkutsu Dachi



2. Uchi Uke



3. Gyaku Zuki