



# Kihon Ippon Kumite

Form	Jodan Oi-Zuki	Chudan Oi-Zuki	Mae-Geri	Yoko-Kekomi	Mawashi-Geri
1	h-ZD Age-uke Chudan gyaku-zuki	h-ZD Soto ude-uke Chudan gyaku-zuki	h-ZD Gedan-barai Chudan gyaku-zuki	-45h-ZD Chudan soto ude-uke Chudan gyaku-zuki	90h-ZD Jodan haiwan uke Chudan gyaku-zuki
2	45h-KD Jodan Tate shuto-uke 45h-ZD Jodan shuto-uchi	m-ZD Soto ude-uke // KbD Yoko empi-uchi	h-ZD Gyaku gedan-barai Kizami-zuki Chudan gyaku-zuki	h-FD Chudan haiwan-uke h-ZD Jodan haito-uchi	45m-KbD Tate heiko shuto-uke // Yoko enpi-uchi
3	-45m-HsD Sokumen jodan-uke Yoko-geri keage KbD Yoko enpi-uchi	h-ZD Uchi ude-uke Kizami-zuki Chudan gyaku-zuki	m-ZD Gedan juji-uke // Jodan shuto juji-uchi	-90h-ZD Ushiro chudan-barai Chudan yoko-geri kekomi KbD Chudan yoko empi-uchi	45m-KD Jodan soto ude-uke Chudan kizami-geri 45m-ZD Gyaku-zuki
4	h-ZD Jodan haishu juji-uke Mawashi-geri 180h-ZD Mawashi enpi-uchi	45h-KD shuto-uke Kizami mae-geri/mawashi-geri 45h-ZD Chudan Tate shihon nukite	45m-NaD Gedan-barai Gyaku Tate shuto 45m-ZD Mae enpi-uchi		
5	h-ZD Age-uke	h-KbD Chudan hiji-uke	h-KD Sukui uke		
6	h-ZD Hirate barai Jodan haito-uchi	> m-ZD Chudan mawashi-uke Jodan Tate teisho-uchi	> h-KD Gyaku gedan-uke & Jodan uchi		

ZD = Zenkutsu-dachi  
 KD = Kokutsu-dachi  
 KbD = Kiba-dachi  
 NaD = Neko ashi-dachi  
 FD = Fudo-dachi  
 HKD = Hiza Kakushi-dachi  
 h=hidari m=migi  
 Nh/m = N deg right  
 -Nh/m = N deg left  
 // = Yori-ashi  
 < = Backward  
 > = Forward  
 & = Simultaneously  
 [ ... ] = Retreat



# Jiyu Ippon Kumite

Form	Jodan Oi-Zuki	Chudan Oi-Zuki	Mae-Geri
1	45-hZD Jodan tate shuto-uke Chudan gyaku-zuki [One-half step back]	-45-hZD Chudan soto ude-uke Chudan gyaku-zuki [One-half step back]	45-hZD Gedan-barai Chudan gyaku-zuki [One-half step back]
2	> Nagashi-uke & Gyaku ura-zuki [push and shift back and left at 45 deg]	< mZD Seiryuto-uke & Prepare uraken // Jodan uraken-uchi [One-half step back, hand as before]	-45-mZD Gedan-barai Prepare with tate shuto Choku-zuki [Draw closer to the attacker]
3	-45-mZD Jodan age-uke Kizami mawashi-geri Chudan gyaku-zuki [One-half step back]	-90-mZD Chudan gyaku-zuki [One-half step back]	> hZD gedan-juji-uke (Rotating 45 deg) Jodan shuto-uchi [Draw hand and take one-half step back]
4	-45-hZD Jodan hirate-barai Chudan teisho-uchi [Rotate 135 degrees clockwise]	De-ai mae-geri 45-hZD Gedan-barai half-step back > Jodan Kizami-zuki [One-half step back]	> (stepping) Osae-uke/Nagashi-uke (turn 180 deg counterclockwise) Chudan gyaku-zuki [One-half step back]
5	One-half step back & Osae-uke Tobi-geri & jodan yoko uraken-uchi [one step back]	> (at an angle) Gyaku gendan-barai Jodan ushiro mawashi-geri Sweep and downward gyaku-zuki [stand upright]	> (stepping 3/4) Gyaku osae-uke KD Grab opponent's rear leg and place arm his across Lift and drop (!!!)
6	> (shift out of attack trajectory) Jodan Mawashi-geri [Land forward, pivot on front foot]	Nagashi-uke & ashi-barai downward gyaku-zuki [stand upright]	> (at 45deg right) Jodan Kekomi [step through and turn 180]

ZD = Zenkutsu-dachi  
 KD = Kokutsu-dachi  
 KbD = Kiba-dachi  
 NaD = Neko ashi-dachi  
 FD = Fudo-dachi  
 HKD = Hiza Kakushi-dachi  
 h=hidari m=migi  
 N-... = N deg right  
 -N-... = N deg left  
 // = Yori-ashi  
 < = Backward  
 > = Forward  
 & = Simultaneously  
 [ ... ] = Retreat

Form	Ushiro-Geri	Jodan Kizami-zuki	Chudan Gyaku-zuki	Yoko-Kekomi	Mawashi-Geri
1	< 45-mZD Gyaku sukui-uke Mawashi-zuki [one-half step hikite and gyaku kamae ]	> 45-hZD Jodan uraken-uchi 90-mZD Gyaku-zuki [One-half step back]	-45-hZD Jodan kizami-zuki (draw attacking hand) Gyaku-zuki [push hand and step back one-half step]	-45-hZD Chudan soto ude-uke Chudan gyaku-zuki [One-half step back]	90-hZD jodan haiwan-uke Chudan gyaku-zuki [One-half step back]
2	> hKD Sukui-uke (on the leg) Ashi-barai, lift and drop (!!!) Downward gyaku-zuki [stand upright]	Hirate-barai & Ashi-barai Chudan ura gyaku-zuki [push and shift back and left at 45 deg]	> (Stepping out of path of punch) Gedan-barai & Ushiro shuto-uchi (before landing) [one step forward and turn]	< 45m Awase Seiryuto-uke (while rotating) 45-mZD Tate-zuki [one-half step hikite and gyaku kamae ]	> (stepping) Gyaku oi-zuki (Rotating 90 deg) Shuto-uchi [one-half step back, pull back]
3	(Drawing front foot to the back) Sukui-uke Ushiro-geri [After kicking land back]	> h-FD Haiwan nagashi-uke & uraken-uchi [push with two hands and shift back and left]	90-mZD Gedan-barai 0-hZD Uraken-uchi [pull back striking hand and step back on-half step]	Haiwan-uke (starting rotation) Draw one-half step and rotate 180 deg forward ZD ushiro mawashi enpi-uchi [Rotate 180 in the opposite direction]	(drawing one-half step) HKD Jodan heiko-uke Jodan Mawashi Geri [After kicking land back]