



Kihon Kumite

1. Attacker in Right, Defender in Right

- A Tobikomizuki jodan
- D Half step sideways and brush block with right hand
- A Step in slightly and gyakuzuki chudan
- D Right foot pivots and whole body rotates doing a Niahanch block with right hand and attacking the ribs to chudan, with nakadaka ippon ken.

2. Attacker in Right, Defender in Right

- A Tobikomizuki jodan
- D Half step sideways and brush block with right hand
- A Half step and sokuto chudan
- D Move to the left with backward block, and then step in with right leg behind attackers right knee to break the stance. Haito under shoulder blade and teisho into kidneys, head down.

3. Attacker in Right, Defender in Right

- A Tobikomizuki jodan
- D Half step sideways and brush block with right hand
- A Adjust front leg position and maegeri
- D Jump in, tetsui to short ribs, right elbow down on top of knee and left nakadaka ippon ken to inside of kicking knee

4. Attacker in Left, Defender in Right

- A Tobikomizuki jodan
- D Half step sideways and brush block with right hand
- A Long gyakuzuki jodan
- D Long sweep with left hand then without breaking contact jump in with shuto block on attackers outstretched right arm and nakadaka ippon ken with right hand to high ribs

6. Attacker in Left, Defender in Right

- A Tobikomizuki jodan
- D Half step sideways and brush block with right hand
- A One step sokuto (left foot) followed by gyakuzuki jodan
- D Block sokuto as in kick block 6 then pivot as In kihon 1 except curving right wrist over attackers punch while attacking high ribs with nakadaka ippon ken

7. Attacker in Left, Defender in Right

- A Tobikomizuki jodan
- D Half step sideways and brush block with right hand
- A Mawashigeri chudan
- D As soon as attacker begins attack, step in with right foot and, twisting body, strike shuto into chest/right shoulder joint while blocking potential kick gedan barai