

# **KUMITE NO KATA SONO SAN**

1. Kumite no kamae.

**2. FOR R GEDAN MAWASHI GERI:**

L uchi kakato stop kick, R gedan mawashi geri, L jodan mawashi geri, R ushiro mawashi geri.

**3. FOR R MAE GERI, R TSUKI:**

L soto uke, L soto uke-L yoko geri(simultaneously) while positioning, R chudan mawashi geri, push the opponent away, face the opposite direction.

**4. FOR L GEDAN MAWASHI GERI:**

L soto kakato stop kick, R gedan mawashi geri, L jodan mawashi geri, R ushiro mawashi geri.

**5. FOR L MAE GERI:**

L gedan barai, R gedan mawashi geri, skip, L chudan mawashi geri, push the opponent away, face the front.

**6. FOR R JODAN MAWASHI GERI:**

L kansetsu geri, R chudan mawashi geri, L ushiro mawashi geri, L jodan mawashi geri.

**7. FOR L MAE GERI:**

L gedan barai, LH under the chin, R mawashi hiza geri, uranage.

**8. FOR L JODAN MAWASHI GERI:**

R jikuashi geri, R-L mawashi uke, L mawashi hiza geri, R hiji uchi, face the rear.

**9. FOR R JODAN MAWASHI GERI:**

L kansetsu geri, R uchimomo geri, R chudan mawashi geri, maki komi nage, sabaki.

10. R tsuki, R kakato geri, kumite no kamae.