

KUMITE NO KATA SONO YON

1. Kumite no kamae.

2. FOR R GEDAN MAWASHI GERI:

L uchi kakato stop kick, R gedan mawashi geri, R-L nihon tsuki, L jodan mawashi geri, R double ushiro mawashi geri, (the second kick may be a tobi geri).

3. FOR R MAE GERI, R TSUKI:

L soto uke, L soto uke-L yoko geri(simultaneously), while positioning, R chudan mawashi geri, pull opponent off balance, R jodan mawashi geri, face the opposite direction.

4. FOR L GEDAN MAWASHI GERI:

L soto kakato stop kick, R gedan mawashi geri, R-L nihon tsuki, L jodan mawashi geri, R double ushiro mawashi geri (the second kick may be a tobi geri)

5. FOR L MAE GERI:

L gedan barai, R gedan mawashi geri, L chudan mawashi geri, L jodan mawashi geri, face the front.

6. FOR R JODAN MAWASHI GERI:

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

7. FOR L UCHIMOMO GERI:

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

8. FOR L JODAN MAWASHI GERI:

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

9. FOR R JODAN MAWASHI GERI:

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

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