

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

JODAN



1. Yoi / Gedan Barai



2. Age Uke



3. Gyaku Zuki

CHUDAN



1. Gedan Barai / Yoi



2. Soto Uke



3. Gyaku Zuki

MAE GERI



1. Yoi / Zenkutsu Dachi



2. Gedan Barai



3. Gyaku Zuki

KEKOMI



1. Zenkutsu Dachi / Yoi



2. Soto Uke



3. Gyaku Zuki

MAWASHI GERI



1. Yoi / Zenkutsu Dachi



2. Uchi Uke



3. Gyaku Zuki