

YAKUSHOKU KUMITE COMBINATION MOVEMENTS

All techniques begin and end with partners in kumite kamai (left).

"A" is attacker, "D" is defender.

"R" is right and "L" is left

1A

A--High lunge punch (R) to face

D--Jodan uke (LO followed immediately with Riken-uchi (L) using same hand, and follow with reverse punch (R).

Both partners slide back to left kumite kamai. **Kiai**

1B

A--Front kick (R)

D--Harai uke (L) shifting angle, reverse punch (R), lunge punch (L), and front kick (R). **Kiai**.

Again, both partners step back in kamai.

2A

A--Middle lunge punch (R).

D--Yoko uke (L) followed immediately with lunge punch with same (L) hand, and combine reverse punch (R) and front kick (R).

Both partners slide to left kumite kamai. **Kiai**.

2B

A--Roundhouse kick (R) middle.

D--Morote palm block to right, front kick (L) with forward foot (with cross over stepping to gain distance if necessary), side kick (R) and slide in with reverse punch (L). **Kiai**.

3A

A--Middle lunge punch (R)

D--Yoko uchi (L), followed by (choice) reverse punch (R), *OR* elbow strike (R) *OR* Haito uchi (R), sliding along opponent's side perform Hooking back roundhouse kick (L).

Both partners turn around in kumite kamai (now on opposite sides). **Kiai**.

3B

A--Front kick (R).

D--Avoid kick by sliding back.

A--Follow spinning around with Back thrust kick (L) middle height.

D--Morote palm block to left, shifting body to right and inward to attacker, grab with right hand while lifting his left leg, and throw. Follow with stamping side kick (R) on fallen opponent. **Kiai**.

Both partners assume kumite kamai in original position.

4A

A--Lunge punch (R)

D--Palm block (R) from reverse hand and punch with lunge punch (L) all in left zenkutsu-dachi. (Low).

A--Reverse punch (L) from same position.

D--Shuto uke (R) from side angle and grab punching arm, hook left foot behind opponent's forward left foot and kick outwards while pulling with right hand and lifting other arm (R) at armpit area and throw.

Both partners assume kumite kamai at opposite sides. *Kiai*.

4B

A--Lunge punch (R).

D--Palm block (L) and foot sweep, followed by Reverse punch (R) and Stamping side kick (R).

Both partners turn and return to original side in kumite kamai. *Kiai*.

5A

A--Front kick (R).

D--Dodging and Harai uke (R) from side stance apply Side kick (R) to middle and circling opponent throw Roundhouse kick (L) to back of opponent and continuing circling throw Hooking back roundhouse (R) and followed by reverse punch (L).

Kiai.

Both slide back to left kumite kamai. *Kiai*.

5B

A--Front kick (L)

D--Dodging and Harai uke (L) from side stance apply side kick (L) to middle and circling opponent throw Roundhouse kick (R) to back of opponent and continuing circling throw Hooking back roundhouse (L) and follow by reverse punch (R). *Kiai*

6A

A--Front kick (R)

D--Palm sukui uke (L) and reverse punch running past opponent

Both partners turn in kumite kamai and immediately...

6B

A--Lunge punch (R).

D--Palm block(L) and roundhouse kick (R).

Both opponents turn in kumite kamai and immediately...

6C

A--Side thrust kick (R) .

D--Dodges to right with Harai slap block (L) ready.

A--Roundhouse kick (L).

D--Dodges back to left side with Norote palm block to right, and reverse punch (R).

A--Runs backwards (free movement).

D--Chases with front kicks and punches (free movement).