

# KIHON IPPON KUMITE (Basic 1 Attack Sparring) : SET 5

## JODAN



1. Yoi / Gedan Barai



2. Haishu Juji Uke



3. Mawashi Geri



4. Intermediate Move



5. Ushiro Mawashi

## CHUDAN



1. Gedan Barai



2. Empi Uke (Kiba Dachi)



3. Intermediate Move



4. Ushiro Mawashi Empi

## MAE GERI



1. Yoi / Zenkutsu Dachi



2. Gedan Barai



3. Shuto Uke  
(Neko Ashi Dachi)



4. Jodan Empi

# KIHON IPPON KUMITE (Basic 1 Attack Sparring) : SET 5

## KEKOMI



1. Yoi / Gedan Barai



2. Gedan Barai



3. Turn



4. Haito Uchi

## MAWASHI GERI



1. Yoi / Zenkutsu Dachi



2. Intermediate Move



3. Soto Uke



4. Intermediate Move



5. Shuto Uchi