

# Jppon Kumite 2

(Junior Curriculum)

## Sequence:

- Yoi – Left Foot Out
1. Both sides Left Seisan Dachi, Down Block, Kiai
  2. Attacking Side, Right Chudan Uchi Komi, Kiai  
Defending Side, Right Mae Geri to Attackers Chudan (Stomach), Kiai,  
Step right foot down, pivot to 45 degrees into Right Maki Dachi, Right Uchi  
Komi to Attackers Jodan (Face), Kiai
  3. Both Sides return to Seisan Dachi, Down Block
  4. Change Roles – Attacker becomes Defender etc...

Repeat 10 times

Yamae – Step up

Kyotsuke – Left Foot In

Rei