

Jppon Kumite 3

(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 Inner Crescent Kick to Attackers Right Forearm, Kiai, Step right foot down, Right Yoko Geri to Attackers Chudan (ribs), 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