

# Jppon Kumite 6

## Solo Form

(Adults Curriculum)

### Sequence:

- Yoi – Left Foot Out
1. Right Kaki Dachi, Knife Hand Cover, Kiai
  2. Step Right Foot up, Left Foot back Maki Dachi, Right Naihanchi Strike.
  3. Step Left Foot up, Left Naihanchi Elbow, 180 turn
  4. Right Foot back Kaki Dachi, Right Hand Single Block, Left Hand Down Block
  5. Step Right Foot up, 180 turn, feet together, Right Kaki Dachi, Knife Hand Cover
  6. Step Right Foot up, Shizen Dachi, Yoi, Left Foot out
- Kyotsuke – Left Foot In  
Rei