

Sanbon Kumite

Stage 1

Teaches:

Sequence:

- Yoi – Left Foot Out
1. Right Foot Back, Left Seisan Dachi, Down Block, Kiai
 2. Step Through, Right Seisan Dachi, Right Jodan Punch, Kiai
 3. Step Through, Left Seisan Dachi, Left Chudan Punch, Kiai
 4. Step Through, Right Seisan Dachi, Right Gedan Punch, Kiai
 5. Step Back, Left Seisan Dachi, Left Down Block, Kiai
 5. Step Back, Right Seisan Dachi, Right Rising Block
 6. Step Back, Left Seisan Dachi, Left Single Block
 7. Step Back – off to 45, Right Seisan Dachi, Right Down Block, Punch, Kiai
 8. Step Back, Left Seisan Dachi, Down Block, Kiai
- Yamae – Right Foot Steps Up
Kyotsuke – Left Foot In
Rei