

Sanbon Kumite

Stage 2

Teaches:

Sequence:

Step	Attacker	Defender
Yoi	Left Foot Out	Left Foot Out
1	Right Foot Back, Left Seisan Dachi, Down Block, Kiai	Right Foot Back, Left Seisan Dachi, Down Block, Kiai
		Kiai
2	Step Through, Right Seisan Dachi, Right Jodan Punch, Kiai	Step Back, Right Seisan Dachi, Right Rising Block
		Kiai
3	Step Through, Left Seisan Dachi, Left Chudan Punch, Kiai	Step Back, Left Seisan Dachi, Left Single Block
		Kiai
4	Step Through, Right Seisan Dachi, Right Gedan Punch, Kiai	Step Back – off to 45, Right Seisan Dachi, Right Down Block, Punch, Kiai
5	Step Back, Left Seisan Dachi, Down Block, Kiai	Step Back, Left Seisan Dachi, Down Block, Kiai

Repeat if necessary

Yamae – Right Foot Steps Up

Kyotsuke – Left Foot In

Rei