

# Sanbon Kumite

## Stage 3

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
2	Step Through, Right Seisan Dachi, Right Jodan Punch, Kiai	Step Back, Right Seisan Dachi, Right Rising Block
3	Step Through, Left Seisan Dachi, Left Chudan Punch, Kiai	Step Back, Left Seisan Dachi, Left Single Block
4	Step Through, Right Seisan Dachi, Right Gedan Punch, Kiai, Face Block,	Step Back – off to 45, Right Seisan Dachi, Right Down Block, Jodan Punch, Kiai
	Repeat from Step 2.	

Repeat if necessary

Yamae – Return to starting point, Right Foot Steps Up

Kyotsuke – Left Foot In

Rei