

JIYU IPPON KUMITE (Semi Free 1 Step Sparring) : SET 2

MAWASHI GERI



1. Jiyu Dachi



2. Uchi Uke



3. Gyaku Zuki



4. Hikite Gamae

USHIRO GERI



1. Jiyu Dachi



2. Intermediate Move



3. Kake Uke



4. Gyaku Zuki



5. Hikite Gamae