

# KIHON IPPON KUMITE (Basic 1 Attack Sparring) : SET 4

## JODAN



1. Yoi / Gedan Barai



2. Intermediate Move



3. Te Osai Uke



4. Mawashi Empi

## CHUDAN



1. Yoi / Gedan Barai



2. Shuto Uke



3. Kizami Mawashi Geri



4. Nukite Chudan

## MAE GERI



1. Yoi / Zenkutsu Dachi



2. Sukui Uke



3. Gyaku Zuki

## KEKOMI



1. Zenkutsu Dachi / Yoi



2. Kake Uke



3. Jodan Haito Uchi

## MAWASHI GERI



1. Zenkutsu Dachi / Yoi



2. Shuto Morote Uke



3. Intermediate Move



4. Morote Yoko Empi