



## **Kumite Nidan**

The fighting sets were created to teach different principles of combining technique. Each set is performed from fighting stance

### **Preparation**

- attention stance
  - bow
  - state the name of the set: "Kumite Nidan"
  - step out with your right leg into natural stance
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1. Knife Hand Block with push step back
  2. Reverse Punch
  3. Front Thrust Kick (rear leg)
  4. Front Thrust Kick (rear leg)
  5. Side Snap Kick (front leg) (step across with kicking leg)
  6. Spin Knife Hand Block
  7. Reverse Punch
  8. Retreating Spin Knife Hand Block
  9. Down Block
  10. Reverse Punch