



Kumite Sandan

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 Sandan"
- step out with your right leg into natural stance

1. Down Block turning to the back
2. Turning Back Kick face front and step down
3. Reverse Punch
4. Round House Kick (rear leg) (step across with kicking leg)
5. Spin Back Fist Strike
6. Reverse Punch
7. Retreating Spin Knife Hand Block
8. Reverse Punch
9. Ridge Hand Strike
10. Defensive Round House Kick (front leg)
11. Reverse Punch