



Kumite Shodan

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

1. High Block with push step back
2. Reverse Punch
3. Front Thrust Kick (rear leg)
4. Round House Kick (rear leg) (step across with kicking leg)
5. Spin Knife Hand Block
6. Reverse Punch
7. Retreating Spin Knife Hand Block
8. Reverse Punch