

## Kumite Syllabus

<b>Gohon Kumite - Five step sparring</b>		
Attack	Response	Counter
Jodan Oi-zuki x 5	Age uke	Gyaku zuki
Chudan Oi zuki x 5	Soto ude uke	Gyaku zuki

<b>Sanbon Kumite - Three step sparring</b>			
Number	Attack	Response	Counter
1	Jodan - Chudan-Mae Geri	Age Uke - Soto ude uke - Gedan Barai	Gyaku zuki
2	Jodan - Chudan-Mae Geri	Age Uke - Uchi ude uke - Gyaku Gedan Barai	Kizami zuki - Gyaku zuki
3	Jodan - Chudan-Mae Geri	Jodan Morote uke - chudan morote uke - sukui uke (All in back-stance - ko kutsu dachi)	Gyaku zuki (zen kutsu dachi)

<b>Kihon Ippon Kumite - Basic one step sparring</b>			
Attack	Number	Response	Counter
Jodan oi-zuki	1	Age Uke	Gyaku zuki
	2	Tate shuto uke (back stance)	Shuto Uchi (Front Stance)
	3	Nagashi Uke (diagonal, feet together)	Yoko Geri - Yoko Empi
	4	Juji Uke	Mawashi geri - ushiro empi
	5	Age Uke	Foot half back - Mae geri - Age empi

<b>Kihon Ippon Kumite - Basic one step sparring</b>			
Attack	Number	Response	Counter
Chudan oi-zuki	1	Soto Ude Uke	Gyaku zuki
	2	Soto Ude Uke (Inside)	Yoko Empi (Kiba Dachi)
	3	Uchi Ude Uke	Kizami zuki - gyaku zuki
	4	Shuto uke (back stance)	Kizami geri - Nukite
	5	Empi Uke (Kiba dachi)	Jodan ushiro empi

<b>Kihon Ippon Kumite - Basic one step sparring</b>			
Attack	Number	Response	Counter
Mae Geri	1	Gedan Barai	Gyaku zuki
	2	Gyaku Gedan Barai	Kizami zuki - gyaku zuki
	3	Gedan Juji uke	Jodan Shuto Juji Uchi
	4	Gedan Barai (Neko Ashi dachi - diagonal)	Tate Shuto uchi - Mawashi Empi (Front stance)
	5	Sukui uke (Back stance)	Gyaku zuki (Front stance)

<b>Kihon Ippon Kumite - Basic one step sparring</b>			
Attack	Number	Response	Counter
Mawashi Geri	1	Jodan uchi uke (tai sabaki)	Gyaku zuki
	2	Ryote tate shuto uke (Kiba Dachi)	Yoko empi
	3	Jodan soto uke (Back stance - tai sabaki)	Gyaku zuki (front stance)
Yoko Geri Kekomi	1	Soto ude uke	Gyaku zuki
	2	Gedan haiwan uke (forearm)	Jodan haito uchi
	3	Tai sabaki - gyaku gedan barai	Yoko geri kekomi - Yoko empi (kiba dachi)