

JIYU IPPON KUMITE (Semi Free 1 Step Sparring) : SET 1

JODAN



1. Jiyu Dachi



2. Tate Shuto Uke



3. Gyaku Zuki



4. Hikite Gamae

CHUDAN



1. Jiyu Dachi



2. Soto Uke



3. Gyaku Zuki



4. Hikite Gamae

MAE GERI



1. Jiyu Dachi



2. Gedan Barai



3. Gyaku Zuki



4. Hikite Gamae

KEKOMI



1. Jiyu Dachi



2. Soto Uke



3. Kizami Mawashi Geri



4. Gyaku Zuki



5. Hikite Gamae