

JIYU IPPON KUMITE (Semi Free 1 Step Sparring) : SET 3

JODAN



1. Jiyu Dachi



2. Age Uke



3. Kizami Mawashi Geri



4. Gyaku Zuki

CHUDAN



5. Hikite Gamae



1. Jiyu Dachi



2. Uchi Uke



3. Kizami Zuki

MAE GERI



4. Gyaku Zuki



5. Hikite Gamae



1. Jiyu Dachi



2. Gedan Barai



3. Tate Shuto



4. Kizami Zuki



5. Hikite Gamae

JIYU IPPON KUMITE (Semi Free 1 Step Sparring) : SET 3

KEKOMI



1. Jiyu Dachi



2. Soto Uke



3. Kizami Mawashi Geri



4. Gyaku Zuki

MAWASHI GERI



5. Hikite Gamae



1. Jiyu Dachi



2. Uchi Uke



3. Gyaku Zuki

USHIRO GERI



4. Hikite Gamae



1. Jiyu Dachi



2. Intermediate Move



3. Kake Uke



4. Gyaku Zuki



5. Hikite Gamae