

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