

JIYU IPPON KUMITE (Semi Free 1 Step Sparring) : SET 4

JODAN



1. Jiyu Dachi



2. Nagashi Uke



3. Haito Uchi



4. Hikite Gamae

CHUDAN



1. Jiyu Dachi



2. Gyaku Shuto Uke



3. Uraken Uchi



3. Snap Back

MAE GERI



1. Jiyu Dachi



2. Gedan Osae Uke



3. Intermediate Move



4. Nagashi Uke



5. Tate Shuto



6. Gyaku Zuki



7. Hikite Gamae

JIYU IPPON KUMITE (Semi Free 1 Step Sparring) : SET 4

KEKOMI



1. Jiyu Dachi



2. Gyaku Gedan Barai



3. Jodan Kizami Zuki



4. Hikite Gamae

MAWASHI GERI



1. Jiyu Dachi



2. Gyaku Zuki Chudan



3. Uraken Uchi Jodan



4. Snap back



1. Hikite Gamae

USHIRO GERI



1. Jiyu Dachi



2. Intermediate Move



3. Ushiro Geri | Gyaku Gedan Barai



4. Kizami Zuki Jodan



5. Gyaku Zuki



6. Hikite Gamae