

DAN KUMITE

A = Attacker, D = Defender

Sequence #	ATTACKERS	DEFENDERS
1	Left Sanchin - Step through right middle Punch (Seiken)	Left Sanchin - Step back into right Sanchin, defend with right circle block (Wauke), finish with right toe kick (Sokusen) to A's right lower ribs, land in left Sanchin
	Maintaining right Sanchin, pivot towards kick and defend against kick with right closed fist down-block (Gedan Berai)	
	Shuffle forward in right Sanchin and execute right middle seiken	Shuffle back in right Sanchin and defend with right circle block (wauke) against punch
	Step back into left Sanchin and defend against punch with forceful right Gedan Berai	
2	Left Sanchin - Step through right middle Seiken	Left Sanchin -Step back into right Sanchin, defend with right wauke (
		Immediately step through into left Sanchin and perform left lower seiken to A's lower ribs
	Step back into left Sanchin and defend against punch with right Gedan Berai	
		Immediately step through to right Sanchin and perform right seiken to A's middle.
	Step back into right Sanchin and defend against punch with left wauke	
	Perform right (leading) front kick (Chudan-Geri)	Drop left foot back and bring body into Uechi horse stance, perform shoken scoop with right hand and catch A's foot underneath ankle with foot resting on top of right wrist (simultaneously bring left hand

		with fingers up in front of A's foot to protect mid-section), once you have control of foot, direct (don't throw) foot with a circular motion, just to the right of A's body (do not throw A's foot around such that A can take the momentum and follow through with a spinning technique)
3	Left Sanchin - Step through right middle seiken	Left Sanchin - Step back into left Sanchin, defend with right wauke.
		Perform middle right reverse toe kick (Sokusen) to A's middle landing in right Sanchin
	Step back into left Sanchin, defend with left Gedan Berai	
		Perform middle left round kick (Mawashi-Geri)
	Shuffle back in left Sanchin, pivot body towards kick and defend with Uechi x-block	
4	Left Sanchin, Perform right flying front kick to D's face or right Judan-Geri or right Yoko-Geri, land in right Sanchin	Left Sanchin – Shuffle back in left Sanchin and defend with left palm heel block against A's foot
	Alt. Low right front kick (Mae-Geri), land in right Sanchin	Alt. Left Sanchin – Shuffle back in left Sanchin and defend against low kick with right Gedan-Berai
		Step back into left Sanchin, defend with closed fist Gedan-berai
	Immediately follow with right high Seiken (Judan-Tsuki)	Staying in left Sanchin defend against punch with left palm-heel block
		Staying in left Sanchin, perform right high round punch (Mawashi-tsuki)
	From right Sanchin, defend against D's punch by twisting hips towards round punch while executing a double palm heel block against D's arm	
5	Left Sanchin – Step through right middle Seiken	Left Sanchin - Shuffle back in left Sanchin while defending and

		defend with left wauke.
		Step through into right Sanchin and perform right chop (Shuto) to A's neck
	Step back into left Sanchin and defend with high half-fist block (Hiraken-uke)	
	Right middle Mawashi-Geri	Step back into left Sanchin, pivot towards kick and defend with Uechi x-block (right hand low – left hand high)
6	Left Sanchin - Left middle Sokusen (be prepared for kick to be swept across body , land with left foot forward	Left Sanchin – Shuffle back in left Sanchin and defend with left Gedan-berai
	<p>Step through with high right mawashi-tsuki (Be prepared for leg take-down)</p> <p>When knee is pushed, extend right arm away from body and slam ground with right arm as you fall (ala Judo and Aikido falls).</p> <p>While on ground, defend groin by bringing left foot to touch against lower right thigh, creating a barrier with your left lower leg to groin strike.</p>	<p>From left Sanchin stance, step through into right Sanchin and block punch by “cutting” A's bicep with left Wauke or slam A's shoulder with right hand while “cutting” A's nerve bundle on his forearm with your left hand by using an attacking circular block. Grab A's right wrist and drop down into deep horse stance. Once down in stance release A's right wrist, place right hand inside of A's leading leg and place left hand around outside of A's left ankle, push A's knee while simultaneously pulling A's ankle with your left hand. A will fall to the ground.</p> <p>Once A is on ground A's right pant leg on the inside with your right hand just below the knee and grab A's right ankle with your left hand. As you stand straighter pull A's leg and then perform right stomp to A's mid-section.</p>

		After completing stomp, place right foot to your front and then “throw” A’s right leg away across A’s body by performing a right circular block against A’s ankle.
	Alternate after competing all sequences	