

## KYU KUMITE (step-by-step)

**NOTE:** The defender is always in a LEFT Sanchin stance. The attacker will switch stances as noted below.

ATTACKER	DEFENDER
1A. Step forward <b>(R)</b> punch 1B. Step forward <b>(L)</b> punch	1A. Step back <b>(R)</b> circle block 1B. Step back <b>(L)</b> circle block, counter with <b>(R)</b> reverse punch to ribs
2A. Step forward <b>(L)</b> punch 2B. Step forward <b>(R)</b> punch	2A. Step back <b>(R)</b> circle block 2B. Step back <b>(L)</b> low block. Counter with <b>(R)</b> reverse punch to ribs
3A. Step forward <b>(L)</b> punch 3B. Step forward <b>(R)</b> punch	3A. Step back <b>(R)</b> low block 3B. Stagger-step back <b>(R)</b> circle block. Counter with <b>(R)</b> front kick to ribs, arm pit or hip
<i>(switch to left Sanchin stance)</i> 4A. <b>(R)</b> side-kick 4B. <b>(L)</b> roundhouse kick 4C. <b>(R)</b> overhand “club” attack while stepping forward	4A. Step back <b>(L)</b> circle block the side-kick 4B. <b>(R)</b> leg crane block, stepping down forward towards the attacker 4C. <b>(L)</b> high block executing <b>(R)</b> elbow strike followed by a <b>(R)</b> backfist
<i>(switch to left Sanchin stance)</i> 5A. Step forward <b>(R)</b> punch 5B. <b>(R)</b> front kick 5C. <b>(L)</b> roundhouse kick 5D. <b>(R)</b> roundhouse kick	5A. Step back <b>(L)</b> circle block 5B. Stagger-step back, <b>(L)</b> low block 5C. Stagger-step back, <b>(R)</b> “X” (cross) block 5D. Step back <b>(R)</b> circle block, grabbing the leg as you circle and pulling it up towards you – spinning the attacker around. Grab the back of the attacker’s shoulder with the <b>(L)</b> hand and <b>(R)</b> punch to the back of the attacker’s head