

YAKUSUKO KUMITE (FIRST SET)

A = Attacker, D = Defender

Attacker Note: Attacker always start in left Sanchin stance (except for # 3, 5, 9 and 10).

Defender Note: Defender always start in left Sanchin stance.

Sequence #	ATTACKERS	DEFENDERS
1	Step through right middle punch (seiken)	Step back into right Sanchin, defend with right circle block (Wauke), finish with toe kick (Sokusen) to A's right lower ribs
2	Step through right middle punch (seiken)	Step back into right Sanchin, defend with right Wauke
	Step through left middle punch (seiken)	Step back into left Sanchin, defend with left block (Wauke), Finish with right reverse Seiken to lower ribs
3	Left Sanchin, step through left middle punch (seiken)	Shuffle back in left Sanchin, defend with right palm heel block
	Step through right middle punch (seiken)	Step back into right Sanchin and to right of A (keep rear heel and belly turned towards opponent), finish with right Sokusen to A's lower right ribs
4	Step through right middle punch (seiken)	Step back into right Sanchin, defend with right Wauke
	Step through left middle punch (seiken)	Step back into left Sanchin, defend with left block (Wauke)
	Left foot (leading) side snap kick (sokuto-geri) to lower ribs	Defend with left closed fist down-block, (Gedan Berai). Hit sufficient force to knock D's left leg back to ground, immediately execute Uechi circular attack with left hand, grab D's upper left arm and execute right reverse punch to D's face
5	Left Sanchin, step through left middle punch (seiken)	Step back into right Sanchin, defend with right inside wauke.
	Right reverse middle front kick, land in right Sanchin	Step back into left Sanchin, defend with closed fist Gedan-

		berai
	Shuffle Right middle punch (seiken) (no step)	Defend with left wauke and immediately execute right middle Seiken to D's solar plexus (make light contact)
6	Right high round kick (mawashi-geri), land in right Sanchin	Step back into right Sanchin, pivot to left and defend with Uechi x-block
	Right high punch (seiken) (no step)	Defend with left downwards palm heel block
	Left high round kick (mawashi-geri), land in left Sanchin	Step back into right Sanchin, pivot towards kick and defend with Uechi x-block
	Left middle punch (seiken) (no step)	As you block previous kick, bring right hand down for palm heel block, chamber left hand and finish with fast left high Seiken to A's face
7	Step through right middle punch (seiken)	Shuffle back in left Sanchin, defend with left palm-heel block
	Step through left high punch (seiken)	Shuffle back in left Sanchin, defend with right palm heel block
		Right middle crescent kick, land in right Sanchin
	Steps back into right Sanchin, defends with X-block to left of center-line	
		Right high Seiken (no step)
	Defends with left circle block (wauke), (no step or shuffle)	
	Right middle punch (seiken), (no step or shuffle)	Steps back into left Sanchin, defend with left inside wauke block, finish with right reverse middle toe kick (Sokusen – make contact!)
8	Step through right middle punch (seiken)	Shuffle back in left Sanchin, defend with inside left Wauke, step through into right Sanchin and
		Execute high chop (Shuto) to A's neck

	Step back into left Sanchin and defend with high half-fist block (hiraken-uke) and then complete defense by bringing opponent arm down as in Wauke block	
	Right Uechi middle round kick (crescent kick), land in right Sanchin	Step back into right Sanchin and pivot body towards kick to defend with Uechi x-block
	Left high Seiken (no step or shuffle)	Pivot body back to center line and defend with right Wauke and finish with left palm-heel strike (Boshiken) to A's face
9	Left middle front kick (Mae-Geri), land in left Sanchin	Step back into right Sanchin and defend with right closed fist Gedan Berai
	Right middle Uechi crescent kick, land in right Sanchin	Staying in right Sanchin, pivot body towards kick (your left side) and defend with Uechi x-block with left arm high and right arm low then
		Execute right (leading) Uechi crescent kick, land in right Sanchin
	Defend with Uechi x-block to left of center line against middle crescent kick	
		Perform high sliding right Seiken
	Step back into left Sanchin and defend with left Wauke block.	
	Right reverse middle front kick (Be prepared for catch of foot and throw of right leg to left side of body)	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), immediately follow through by

		stepping forward with your left foot and grabbing A's right shoulder with left hand, pulling A off-balance. To control A, place left elbow against back so that A cannot spin. If necessary to break balance, drive left foot into back of A's right knee. Finish with right Seiken to back of A's skull.
10	Right middle front kick (off leading leg – pull toes back to save injury), land in right Sanchin	Lift leading left knee high with toes down for shin block. Bring left arm into Uechi kamae position to protect against a possible middle or high attack.
	Left middle Uechi crescent kick, land in left Sanchin	Lift right knee high and bring right arm into Uechi kamae position to protect against kick., put foot behind left leg
	Step-through right high round punch (Mawashi – Tsuki)	From left Sanchin stance, block punch by “cutting” A's bicep with left Wauke or slam A's shoulder with right hand using an attacking palm heel stopping block while simultaneously using a “cutting” left Wauke against A's nerve bundle on lower arm, step through into a Uechi horse stance and execute a rising right elbow strike to solar plexus, quickly followed by a right back fist (Uraken) to A's face and then bring your right leg to the outside and behind A's right leg, bring your right arm up and grab A's left shoulder or if necessary A's left lapel or throat. While simultaneously pushing with your right hand sweep A's right leg with your right leg bringing A to the ground. While maintaining control of A's right arm, drop into a horse stance and execute a shoken to A's ribs. If you have good control, you can pin A's right hip with your right

		<p>knee, while you control A's right arm by stretching the back of A's elbow against your left knee.</p> <p>If you are familiar with Judo or Aikido, you may execute a hip toss or outside reap (Osoto-gari) and then perform the shoken .</p>
	Alternate after completing all 10 sequences	