

Ippon Kumite Dai Ichi & Ni

One-step Fighting Drills I & II



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All attacks are lunge punches (oi-zuki) in a front leaning stance (zenkutsu-dachi) alternating both sides. Right side first. All defenses are done stepping back (Right leg first) into a front leaning stance (zenkutsu-dachi) unless otherwise specified, alternating both sides.

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Ippon Kumite Dai Ichi (First One-step Fighting Drill)

Attack	Defense
1) Punch groin (belt).	1) Low block (gedan-barai), reverse punch (gyaku-zuki) to solar plexus.
2) Punch solar plexus.	2) Chest block (chudan-uke), reverse punch (gyaku-zuki) to solar plexus.
3) Punch solar plexus.	3) Open hand chest block, vertical spear hand (nukite) to solar plexus.
4) Punch upper lip/chin.	4) Open hand high block, horizontal spear hand (nukite) to throat.
5) Punch upper lip/chin.	5) High block (jodan-uke), reverse punch (gyaku-zuki) to solar plexus.
6) Punch solar plexus.	6) Outside chest block (soto chudan-uke), reverse punch to ribs.

Ippon Kumite Dai Ni (Second One-step Fighting Drill)

Attack	Defense
1) Punch upper lip/chin.	1) Step back Right into front leaning stance, high block Left, then pull Left leg back to Right leg and front kick with the Right leg to the groin (belt).
2) Punch upper lip/chin.	2) Step back Left into front leaning stance, high block Right and turn into a shiko-dachi, roundhouse kick with the front leg to the groin (belt).
3) Punch solar plexus.	3) Outside double shuto block (Shotokan style) in a cat stance (nekoashi-dachi), grab and side thrust kick (yoko-geri) to the ribs with front foot.
4) Punch solar plexus.	4) Inside double shuto block in a cat stance (nekoashi-dachi), front kick (mae-geri) to the groin (belt) with front foot.
5) Punch upper lip/chin.	5) Step side Left into front leaning stance, squat kick to the groin (belt).
6) Punch upper lip/chin.	6) Step Left foot across Right. R-spinning back kick to the solar plexus.
7) Punch upper lip/chin.	7) Step in Left, L-parry block, R-ridge hand from chamber to temple (collar bone), hook kick to kidney with back leg and sweep (calf to calf).
8) Punch groin (belt).	8) Open hand low block, grab and knee (hiza-ate) with the back leg.
9) Punch groin (belt).	9) Low block (gedan-barai), instep kick to the groin with back foot.
10) Punch solar plexus.	10) Open hand chest block, grab wrist, pull back into a cat stance and roundhouse kick (mawashi-geri) to the temple with the back foot.

A video is available online: <http://traditional-karate.com/members/videos.html>

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