

Yonhon Kumite Dai Ichi

First Four-step Fighting Drill



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This is a four-step fighting drill utilizing hand attacks, blocks and counters, with the attacker and defender in a closed stance (toe-to-toe) throughout. Yoi position is both facing each other in shizentai-dachi with Left foot forward, hands up in a ready position.

There are two series of attacks and counters consisting of three sequences per series. After each sequence the defender becomes the attacker and repeats the sequence in the opposite direction.

The attacker steps forward in kumite-dachi four times delivering oi-zukis (lunge punches) while the defender retreats backward in kumite-dachi (unless otherwise noted). The first three oi-zuki attacks of each sequence target high, middle and low with matching blocks by the defender. The fourth step from each sequence in a series cycles through high, middle and low with corresponding blocks and counters as indicated in the table below. e.g. HMLH, HMLM, HMLL then repeat.

This drill should be practiced on both the left and right sides.

Yonhon Kumite Dai Ichi (Fourth Steps: Strikes/Blocks/Counters)

Attack	Defense
1.1) Step forward Left into kumite-dachi. Left-oi-zuki (lunge punch) to the chin.	1.1) Step back Right into 45° shiko-dachi, avoiding punch without any block. Left-oi-zuki (lunge punch) to the ribs.
1.2) Step forward Left into kumite-dachi. Left-oi-zuki (lunge punch) to solar plexus.	1.2) Step back Right into kumite-dachi, Left-chudan-uke (chest block). Right-gyaku-zuki (reverse punch) to the solar plexus.
1.3) Step forward Left into kumite-dachi. Left-oi-zuki (lunge punch) to the groin (belt).	1.3) Step back Right into kumite-dachi, Left-gedan-barai (low block). Right-tetsui (hammer fist) to the temple.
2.1) Step forward Left into kumite-dachi. Left-oi-zuki (lunge punch) to the chin.	2.1) Step back Right into kumite-dachi, Left-jodan-uke (high block). Right-gyaku-zuki (reverse punch) to the ribs.
2.2) Step forward Left into kumite-dachi. Left-oi-zuki (lunge punch) to solar plexus.	2.2) Step back Right into kumite-dachi, Left-chudan-uke (chest block). Right-two-knuckle punch to the corner of the eye.
2.3) Step forward Left into kumite-dachi. Left-oi-zuki (lunge punch) to the groin (belt).	2.3) Step back Right into kumite-dachi, Left-gedan-barai (low block). Right-upper-cut to the jaw.

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

4/23/20 - /Volumes/Public/Curriculum and Programs/Karate/Kata:Drill Sheets/Yonhon Kumite Ichi.pages

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