



Bridgwater Bushi Karate - Pairworks for Gradings



Two Pairworks against a punch to the body – Soto and Uchi Uke.

CHUDAN SOTO UKE MAEGERI GYAKUZUKI

ATTACKER – Left Stance	DEFENDER – Left Stance
Step forward and punch Chudan	Step back into cat stance and block right Soto Uke Chudan. Grab attackers' right arm with your right hand and pull onto Maegeri Chudan. Push attackers arm up and to the right and punch left Gyakuzuki to kidney in Gyakuzuki stance.

CHUDAN UCHI UKE EMPI

ATTACKER – Left Stance	DEFENDER – Left Stance
Step forward and punch Chudan	Half step back with your left foot bringing your feet and knees together. Your right hand held high and left hand at left hip. Slide forward and to the right perform right Uchi Uke Chudan in horse stance. Perform right Empi Chudan in horse stance by shifting your weight towards your attacker. Keep your left hand at your left side.

Four Standard Pairworks against a punch to the head.

<u>No 1. JODAN UKE IPPOMME – Head block number 1</u>	
ATTACKER – Left Stance	DEFENDER – Left Stance
Step forward and punch Jodan	Half step back covering your right fist with your left hand. Slide forward with your right foot and perform right upper cut to attacker's chin while hooking your left hand over attacker's right arm. Slide forward twisting clockwise into Gyakuzuki stance and perform left Empi Chudan.
<u>No 2. JODAN UKE NIHOMME - Head block number 2</u>	
ATTACKER – Left Stance	DEFENDER – Right Stance
Step forward and punch Jodan	Half step back then side slip to the right avoiding attackers punch, blocking with your left elbow and punching just short of attacker's chin with left punch. Reach around attacker's back with your left hand and over the attackers left shoulder with your right hand. Pull attacker onto right knee and push away.
<u>No 3. JODAN UKE SANBOMME - Head block number 3</u>	
ATTACKER – Left Stance	DEFENDER – Left Stance
Step forward and punch Jodan	Move forward and left and perform left Nagashizuki Jodan. Half step back with you left foot grabbing attackers right punching arm with your right hand and perform mawashigeri Chudan.
<u>No 4. JODAN UKE YONHOMME - Head block number 4</u>	
ATTACKER – Left Stance	DEFENDER – Left Stance
Step forward and punch Jodan	Lean back and block with your left elbow in back stance, move to the side of your opponent into horse stance and perform left Uraken Chudan, followed by right Haito Chudan in Gyakuzuki stance. (gain ground on both techniques).



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Six Standard Pairworks against a kick to the body.

<u>No 1. MAEGERI CHUDAN UKE IPPOMME – Kick block number 1</u>	
ATTACKER – Left Stance	DEFENDER – Left Stance
Maegeri Chudan	Side slip to the left and guide the kick past with your left arm keep fist closed. Perform right Gyakuzuki to attacker's kidney while covering attackers right shoulder with your left hand.
<u>No 2. MAEGERI CHUDAN UKE NIHOMME – Kick block number 2</u>	
ATTACKER – Left Stance	DEFENDER – Right Stance
Maegeri Chudan	Change to left stance without moving backwards and guide the kick past with your left arm keeping fist closed. Perform right Gyakuzuki to kidney while covering attackers right shoulder with your left hand (same as number 1 above just start in opposite stance)
<u>No 3. MAEGERI CHUDAN UKE SANBOMME – Kick block number 3</u>	
ATTACKER – Left Stance	DEFENDER – Left Stance
Surikomi Maegeri Chudan	Half step back and hip twist into right stance, guiding the kick past with your right arm then perform left Gyakuzuki to kidney while covering attackers left shoulder with your right hand.
<u>No 4. MAEGERI CHUDAN UKE YONHOMME – Kick block number 4</u>	
ATTACKER – Left Stance	DEFENDER - Left Stance
Maegeri Chudan	Move left foot to the right to cover groin, block Gedan Barai with left arm while performing right Chudan punch. (pull back immediately afterwards)
<u>No 5. MAEGERI CHUDAN UKE GOHOMME – Kick block number 5</u>	
ATTACKER – Left Stance	DEFENDER – Right Stance
Maegeri Chudan	Turn anti-clockwise and block backwards and down with right arm in reverse cat stance, turn back clockwise into attacker and perform left Gyakuzuki to kidney while covering attackers right shoulder with your right hand.
<u>No 6. MAEGERI CHUDAN UKE ROPHOMME – Kick block number 6</u>	
ATTACKER – Left Stance	DEFENDER – Left Stance
Surikomi Maegeri Chudan	Half step back, turn clockwise and block backwards and down with left arm, turn back anti-clockwise into your attacker and perform right Gyakuzuki to kidney while covering attackers left shoulder with your left hand.

Eight semi free sparring pairworks.

<u>No 1. Ohyo Kumite Ipponme – Semi Free Fighting Number 1</u>	
ATTACKER – Left Stance	DEFENDER – Left Stance
Step forward and punch Jodan then Chudan Gyakuzuki, step forward again changing guard and perform left Ashi Barai and then right Gyakuzuki to kidney.	Step back into right cat stance and perform right Shuto Uke Jodan
<u>No 2. Ohyo Kumite Nihomme – Semi Free Fighting Number 2</u>	
ATTACKER – Right Stance	DEFENDER – Left Stance
Slide forward and perform left Gyakuzuki Jodan then Surikomi Ashi Barai then left Gyakuzuki to kidney.	Shift back (do not step back) and block left Shuto Uke Jodan in cat stance
<u>No 3. Ohyo Kumite Sanbomme – Semi Free Fighting Number 3</u>	
ATTACKER – Left Stance	DEFENDER – Right Stance
Step forward and punch Jodan then Chudan Gyakuzuki. When the defender punches Jodan No-tsukkomi, slide forward into deep horse stance striking high across the throat (practice striking high on the chest) with your right arm and catching your opponents left knee with your left hand. Turn clockwise 90 degrees dropping to the left knee throwing opponent to the floor, strike right Uraken Jodan with right fist.	Step back and block using left Shuto Uke Jodan, attack with left No-tsukkomi Jodan. Break fall correctly and wait until attacker has finished the Uraken before getting up correctly.



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<i>No 4. Ohyo Kumite Yonhomme – Semi Free Fighting Number 4</i>	
ATTACKER – Right Stance	DEFENDER – Right Stance
Step forward and perform right Uraken Jodan, push defenders right shoulder with your left hand and punch right Gyakuzuki to kidney. Pull defenders left shoulder towards you with your right hand while pushing the right shoulder away with left hand simultaneously bring your right knee into the ribs. Perform right Empi to back of neck in deep horse stance covering the Empi with your hand for safety purposes.	From right stance, shuffle back and to the left blocking your right ear with your right arm.
<i>No 5. Ohyo Kumite Gohomme – Semi Free Fighting Number 5</i>	
ATTACKER – Left Stance	DEFENDER – Left Stance
Step into right stance and perform left Gyakuzuki Chudan immediately followed by right Surikomi Maegeri Chudan.	Step back into right cat stance and block Uchi Uke Chudan. Change to left stance without moving backwards and guide the kick past with your left arm with fist closed. Perform right Haito to body while covering attackers right shoulder with your left hand. Step upright and grab left shoulder with your left hand while striking right Uraken Jodan. Drop to your right knee while turning anticlockwise and sweep attackers right leg with the back of your right hand while pulling down with your left hand. Strike right Shuto to throat.
<i>No 6. Ohyo Kumite Rophomme – Semi Free Fighting Number 6</i>	
ATTACKER – Left Stance	DEFENDER – Left Stance
Surikomi Maegeri Chudan, Gyakuzuki Jodan, Left Surikomi Ashi-Barai, half step back and right Mawashigeri Chudan.	Step back into right cat stance avoiding the kick and perform right Shuto Uke Jodan. Do not block too soon.
<i>No 7. Ohyo Kumite Nanahomme – Semi Free Fighting Number 7</i>	
ATTACKER – Left Stance	DEFENDER – Left Stance
Perform two left jabs to Jodan, avoid attackers Maegeri by moving left and guide the kick past with your left arm. Perform right Gyakuzuki to attacker's kidney. Grab attackers left shoulder with your right hand and simultaneously pull towards you while sweeping the right leg with your right instep. Keeping hold of attacker with your right hand, drop your left knee to the chest and punch Jodan Gyakuzuki while attacker in on the floor.	Shuffle back twice blocking both jabs with left Shuto Uke Jodan in left cat stance then immediately attack with Maegeri Chudan.
<i>No 8. Ohyo Kumite Hatchihomme – Semi Free Fighting Number 8</i>	
ATTACKER – Right Stance	DEFENDER – Left Stance
Perform Surikomi Ashi-Barai change guard while performing left Ashi-Barai turn immediately into right Ushirogeri Chudan, land the kick blocking the defenders guard with right Soto Uke then perform left Gyakuzuki Chudan.	From left stance step back into right stance, then back into left stance, shuffle back avoiding Ushirogeri.



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Ten Kihon Kumite Wado Ryu pairworks. Brown Belts and above only.

No 1. KIHON KUMITE IPPOMME	
ATTACKER – Right Stance	DEFENDER – Right Stance
Junzuki No-tsukomi Jodan step up and right performing Gyakuzuki Chudan in No-tsukomi stance.	Move back and left block Soto Uke Jodan and cover your right ear in Tate Seishan stance. Move your left foot forward and left, block Chudan punch with right Nagashi Gedan Barai while performing left uppercut to Chudan twisting your body clockwise 90 degrees in Tate Seishan stance.
No 2. KIHON KUMITE NIHOMME	
ATTACKER – Right Stance	DEFENDER – Right Stance
Junzuki No-tsukomi Jodan, Surikomi Sokuto Chudan	Moving back and left block Soto Uke Jodan and cover your right ear. Turn anti clockwise away from attack and block backwards with your right arm in reverse cat stance, keep fist closed. Turn back into attacker and perform left Shuto to the lower right side of spine and right first knuckle to bottom of right shoulder blade. (keep head down low, to avoid attackers elbow)
No 3. KIHON KUMITE SANBOMME	
ATTACKER – Right Stance	DEFENDER – Right Stance
Junzuki No-tsukomi Jodan, half step back and Maegeri Chudan	Moving back and left block Soto Uke Jodan and cover your right ear. Move forward and punch simultaneously left middle finger Ipponken to attackers left knee and solar plexus.
No 4. KIHON KUMITE YONHOMME	
ATTACKER – Left Stance	DEFENDER – Right Stance
Junzuki No-tsukomi Jodan, then right Gyakuzuki Jodan	Moving back and left without stepping block Soto Uke Jodan and cover your right ear. Move back twisting the body clockwise slightly to avoid the punch perform left Shuto Uchi Uke Jodan in Moshomen Nekoashi. Move forward along attacker's arm covering with your left arm against counter attack. Strike right uppercut to ribs with middle finger Ipponken.
No 5. KIHON KUMITE GOHOMME	
ATTACKER – Left Stance	DEFENDER – Right Stance
Junzuki No-tsukomi Jodan, then perform Gyakuzuki Chudan without stepping.	Moving back and left block Soto Uke Jodan and cover your right ear. Pull back your body avoiding Gyakuzuki Chudan punch and perform Otoshi Uke (dropping block) with your right hand (palm upwards) in Moshomen Nekoashi Dachi. Grab attacker's right wrist with your left hand and strike right Ipponken to nose. Slide into horse stance and perform right Empi Chudan, draw back and wrist lock opponent using a circular motion with your arms held tight to your body. Turning anti clockwise throw attacker keeping close to attacker apply straight arm lock, next kneel on attacker's right arm and perform Shuto Jodan. Secure attacker's arm to the floor by holding left thumb on the attacker's wrist and right thumb just above the elbow. Your thumbs pointing away from you and fingers are pressing on the floor. Your right leg is behind you and all your weight is on your left leg in a crouched position.



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No 6. KIHON KUMITE ROPHOMME	
ATTACKER – Left Stance	DEFENDER – Right Stance
Junzuki No-tsukomi Jodan, Surikomi Sokuto Chudan and Gyakuzuki Jodan.	Moving back and left block Soto Uke Jodan and cover your right ear. Turn anti clockwise and left away from the Sokuto and block backwards and down with your right arm keeping fist closed. Twisting your body clockwise 180 degrees perform right hooking block and left uppercut to Chudan.
No 7. KIHON KUMITE NANAHOMME	
ATTACKER – Left Stance	DEFENDER – Right Stance
Junzuki No-tsukomi Jodan, half step back and Maegeri Chudan.	From right stance, move back and left block Soto Uke Jodan and cover your right ear. Move forward and to the right striking attacker under chin into throat with palm heal in Nagashizuki Dachi while blocking Gedan Barai with your left arm.
No 8. KIHON KUMITE HATCHIHOMME	
ATTACKER – Right Stance	DEFENDER – Right Stance
Junzuki No-tsukomi Chudan, then punch Jodan Gyakuzuki without stepping.	Shuffle back and block Chudan Uchi Uke. Drop the body down into horse stance and block right Empi Jodan. Strike down to attacker's right thigh with right Ipponken, then right assisted Empi Chudan in horse stance. While pressing the attacker's right arm to the chest with both hands move your right knee sharply to left.
No 9. KIHON KUMITE KYUHOMME	
ATTACKER – Right Stance	DEFENDER – Right Stance
Junzuki No-tsukomi Chudan, then punch Chudan Gyakuzuki without stepping.	Block Chudan Uchi Uke moving back and left. Avoid second punch by twisting the body clockwise and simultaneously blocking with right Soto Uke open handed and left uppercut to Chudan or Jodan if Chudan is covered.
No 10. KIHON KUMITE JEWHOMME	
ATTACKER – Right Stance	DEFENDER – Right Stance
Slide forward and punch Jodan Tobikomizuki, then punch Jodan Gyakuzuki without stepping.	Move back and left blocking with right Shuto Uke Jodan, with the same arm block Shuto Uke Jodan to the right. Strike palm heal to attacker's left collar bone. Grab attackers left wrist with your right hand twisting it anti clockwise while performing left Shuto to groin in Gyakuzuki Dachi. Drop down to your left knee placing your left leg between your attacker's legs pull down with your right hand and push your attackers left leg away with your left hand. Let your attacker hand go free as they perform the forward roll.

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