

Yakusoku Kumite

Start with a bow to each other.

Uke (Defender) is in kata ready position.

Tori (Attacker) is in right guard.

Sequence 1

Tori: Right Guard. Step in right punch middle. Step in left punch middle left. Step in uppercut then down block the incoming punch.

Uke: Ready Position (Kata Kamae). Step back with left foot block with right hand #6. Shuffle back and deflect with out/in block. Shuffle back and block with #9 then punch with left hand. Reset.

Sequence 2

Tori: Right Guard. Attack with right roundhouse Mae Geri to the ribs. Attack with left Mae Geri. Step in and uppercut with right hand and down block the incoming punch.

Uke: Kata Kamae. Step back left and Shuto block with right hand. Step back right and use left Shuto, then step back left and block up #9. Punch with left hand. Reset.

Sequence 3

Tori: Left Guard. Slide up and Side kick to middle with right foot. Slide up and Squat kick to ribs with right foot. Shuffle in and uppercut with right hand, then down block incoming punch.

Uke: Kata Kamae. Step back left then out/in block the squat kick. Shuffle back and Shuto block side kick. Shuffle back and upper block #9, then punch with left hand. Reset.

Sequence 4

Tori: Right Guard. Right roundhouse to middle followed by a right side kick, then a left spinning side kick to chin. Left out/in block at end to defend their counter roundhouse.

Uke: Kata Kamae. Step back left and defend against roundhouse with an out/in block. Shuffle back and push down the side kick.

Lean away from spin kick and come back quickly with left roundhouse to middle. Reset

Sequence 5

Tori: Left Guard. Attack with right leg side kick, followed by left spinning side kick to ribs. Step in right and punch to ribs with right hand.

Uke: Kata Kamae. Step back left and Shuto block side kick. Shuffle back and circle block incoming spinning side kick. Step out with left foot then switch right foot back, out/in block middle punch with left arm. Finish with right reverse punch.

Come to attention and bow out.