

Yakasuku Kumite

ATTACKER

DEFENDER

1	Left Sanchin Stance	1. Right Step and Right Punch	Left Sanchin Stance	1. Step Back / Right Circle Block 2. Right Front Kick to Midsection
2	Left Sanchin Stance	1. Right Step and Right Punch 2. Left Step and Left Punch	Left Sanchin Stance	1. Step Back / Right Circle Block 2. Step Back / Left Circle Block 3. Right Reverse Punch to Midsection
3	Right Sanchin Stance	1. Left Step and Left Punch 2. Right Step and Right Punch	Left Sanchin Stance	1. Step Back / Right Cross Block 2. Slide Back and Left / Right Circle Block 3. Right Front Kick to Midsection
4	Left Sanchin Stance	1. Right Step and Right Punch 2. Left Step and Left Punch 3. Left Snapping Side Kick	Left Sanchin Stance	1. Step Back / Right Circle Block 2. Step Back / Left Circle Block 3. Left Low Block / Left Circle and Grab 4. Right Punch to Jaw
5	Right Sanchin Stance	1. Left Step and Left Punch 2. Right Front Kick(End Right Stance) 3. Right Straight Punch to Chest	Left Sanchin Stance	1. Step Back / Right Circle Block 2. Step Back / Left Low Block 3. Left Circle Block 4. Right Shoken Punch to Solar Plexus
6	Left Sanchin Stance	1. Right Roundhouse Kick 2. Right Straight Punch 3. Left Roundhouse Kick 4. Left Straight Punch	Left Sanchin Stance	1. Step Back / Right Roundhouse Block 2. Left Cross Block 3. Step Back / Left Roundhouse Block 4. Right Cross Block 5. Left Straight Punch to Face
7	Left Sanchin Stance	1. Right Step and Right Punch 2. Left Step and Left Punch 3. Step Back / Right Roundhouse Block 4. Left Circle Block 5. Right Straight Punch	Left Sanchin Stance	1. Slide Back / Left Cross Block 2. Slide Back / Right Cross Block 3. Right Roundhouse Kick (End Right) 4. Right Straight Punch 5. Left Circle Block 6. Right Front Kick to Groin
8	Left Sanchin Stance	1. Right Step and Right High Punch 2. Step Back / Left High Block 3. Right Roundhouse Kick 4. Left Reverse Punch	Left Sanchin Stance	1. Left Circle Block 2. Right Step and Right Chop to Neck 3. Right Roundhouse Block 4. Right Circle Block and Grab 5. Left Palm-Heel Strike to Chin
9	Right Sanchin Stance	1. Left Front Kick (End Left) 2. Right Roundhouse Kick (End Right) 3. Right Roundhouse Block 4. Step Back / Left Circle Block 5. Right Front Kick	Left Sanchin Stance	1. Step Back / Right Low Block 2. Right Roundhouse Block 3. Right Roundhouse Kick 4. Right Straight Punch 5. Lower backwards to Right Horse Stance / Right Scoop-and-Catch 6. Throw / Left Step / Left arm bars across back of shoulders / Reverse Punch to Back of Neck
10	Right Sanchin Stance	1. Right Front Kick 2. Left Roundhouse Kick 3. Step and Right Punch	Left Sanchin Stance	1. Left Crane Block (End Right Stance) 2. Right Crane Block (End Left Stance) 3. Left Circle Block / Step to Right Horse Stance / Right Elbow Strike to Solar Plexus / Right Backfist to Face 4. Sweep and Takedown / Right Shoken Punch to Ribs.