

002-3: Yakusoku Kumite

"Promise sparring" - two person drills that are drilled as kumite practice.

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002-3000: Summary and Uses

Summary

Yakusoku Kumite translates as “promised sparring” - more colloquially it’s known as a pre-arranged sparring drill. The purpose of these sequences is to build an understanding of the techniques in Kata and how they are applied with a partner. Some syllabuses will not introduce sparring until later in training (usually around 6th Kyu Green Belt), however analysis and drills from Yakusoku Kumite are valuable.

Yakusoku Kumite Ich & Ni

These are derived from the Taikyoku Kata and are performed moving forwards and backwards. These movements keep the opponent directly in front of the student in defiance of a key rule for reading or interpreting Kata - “Keep your opponent in front of you but do not be in front of your opponent”.

These exercises are provided to allow a student to develop their hand eye coordination and work with a partner in close proximity and to provide resistance to blocking techniques.

Yakusoku Kumite San, Yon-hon Kumite, & Go-hon Kumite

These are derived from Kata from Gekisai Ich and beyond.

The Uke or defence in these sequences should always have the defender moving offline from the attacker.

The techniques in these sequences can be seen as Kata Bunkai for use in Self Defence and Kumite.

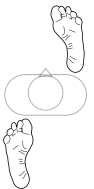
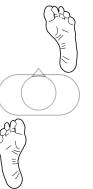
002-3001: Yakusoku Kumite Ich

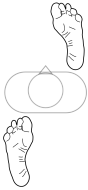
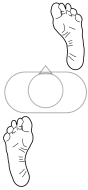
Summary

This pre-arranged sparring focuses on the combinations drilled as part of the Taikyoku series of kata, and aides early students in learning & gauging their distance.

Type	Pattern
Sub-Type	Yakusoku kumite
Introduced at	8th Kyu

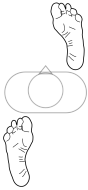
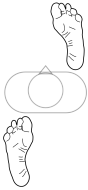
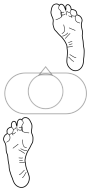
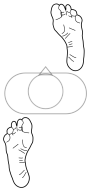
Part A

Count	Person A		Person B	
<i>Kamae</i>	Left foot short stance Left middle punch		Left foot short stance Left middle punch	
1	Step forward to right short stance Right upper punch		Step back to right short stance Right upper block	
Reset to Kamae				
2	Step back to right short stance Right upper block		Step forward to right short stance Right upper punch	
Reset to Kamae				
3	Step forward to right lunging stance Right middle punch		Step back to right lunging stance Right middle block	
Reset to Kamae				

Count	Person A		Person B	
4	Step back to right lunging stance Right middle block		Step forward to right lunging stance Right middle punch	
Reset to Kamae				
5	Step forward to right lower stance Right lower punch		Step back to right lower stance Right lower block	
Reset to Kamae				
6	Step back to right lower stance Right lower block		Step forward to right lower stance Right lower punch	
Reset to Kamae				

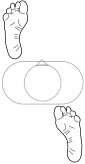
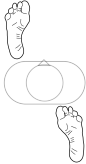
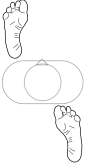
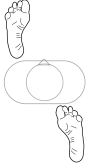
Part B

Count	Person A		Person B	
<i>Kamae</i>	Left foot short stance Left middle punch		Left foot short stance Left middle punch	
1	Step forward to right short stance Right upper punch		Step back to right short stance Right upper block Left middle punch	
Reset to Kamae				
2	Step back to right short stance Right upper block Left middle punch		Step forward to right short stance Right upper punch	
Reset to Kamae				

Count	Person A		Person B	
3	Step forward to right lunging stance Right middle punch		Step back to right lunging stance Right middle block Left upper punch	
Reset to Kamae				
4	Step back to right lunging stance Right middle block Left upper punch		Step forward to right lunging stance Right middle punch	
Reset to Kamae				
5	Step forward to right lower stance Right lower punch		Step back to right lower stance Right lower block Left lower punch	
Reset to Kamae				
6	Step back to right lower stance Right lower block Left lower punch		Step forward to right lower stance Right lower punch	
Reset to Kamae				

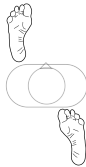
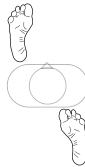
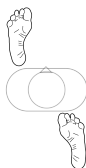
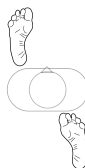
Part C

Count	Person A		Person B	
<i>Kamae</i>	Left foot short stance Left middle punch		Left foot short stance Left middle punch	
1	Step forward to right short stance Right upper punch		Step back to right short stance Right upper block	

Count	Person A		Person B	
2	Step forward to left lunging stance Right middle punch		Step back to left lunging stance Left middle block	
3	Step forward to right lower stance Right lower punch		Step back to right lower stance Right lower block Reverse recoil punch	
Reset to Kamae				
4	Step back to right short stance Right upper block		Step forward to right short stance Right upper punch	
5	Step back to left lunging stance Left middle block		Step forward to left lunging stance Right middle punch	
6	Step back to right lower stance Right lower block Reverse recoil punch		Step forward to right lower stance Right lower punch	
Reset to Kamae				

Part D

Count	Person A		Person B	
<i>Kamae</i>	Left foot short stance Left middle punch		Left foot short stance Left middle punch	

Count	Person A		Person B	
1	Step forward to right short stance Right upper punch		Step back to right short stance Right upper block Left middle punch	
2	Step forward to left lunging stance Right middle punch		Step back to left lunging stance Left middle block Right upper punch	
3	Step forward to right lower stance Right lower punch		Step back to right lower stance Right lower block Left lower punch	
Reset to Kamae				
4	Step back to right short stance Right upper block Left middle punch		Step forward to right short stance Right upper punch	
5	Step back to left lunging stance Left middle block Right upper punch		Step forward to left lunging stance Right middle punch	
6	Step back to right lower stance Right lower block Left lower punch		Step forward to right lower stance Right lower punch	

Count	Person A	Person B
Reset to Kamae		

002-3002: Yakusoku Kumite Ni

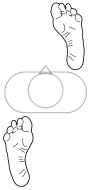
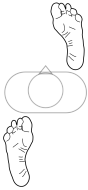
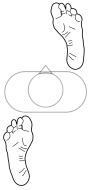
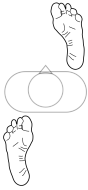
Summary

Building from Yakusoku Kumite Ich, this drill introduces more complex movements & kicks into the mix.

Type	Pattern
Sub-Type	Yakusoku Kumite
Introduced at	7th Kyu

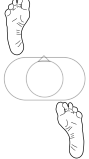
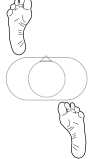
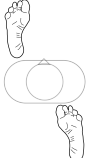
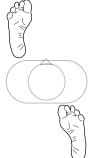
Section 1 - Part A

Count	Person A		Person B	
<i>Kamae</i>	Left foot short stance Left hand middle punch		Left foot short stance Left hand middle punch	
1	Step forward to right short stance Right upper punch Left middle block Right upper punch		Step back to right short stance Right upper block Left middle punch	
Reset to Kamae				
2	Step back to right short stance Right upper block Left middle punch		Step forward to right short stance Right upper punch Left middle block Right upper punch	
Reset to Kamae				

Count	Person A		Person B	
3	Step forward to right lunging stance Right middle punch Left upper block Right middle punch		Step back into right deep lunging stance Right middle block Left upper punch	
Reset to Kamae				
4	Step back into right deep lunging stance Right middle block Left upper punch		Step forward to right lunging stance Right middle punch Left upper block Right middle punch	
Reset to Kamae				
5	Step forward into right lower stance Right lower punch Left lower block Right lower punch		Step back into right lower stance Right lower block Left lower punch	
Reset to Kamae				
6	Step back into right lower stance Right lower block Left lower punch		Step forward into right lower stance Right lower punch Left lower block Right lower punch	
Reset to Kamae				

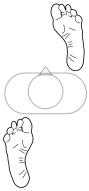
Section 1 - Part B

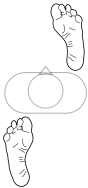
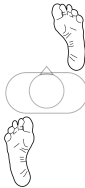
Count	Person A	Person B
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<i>Kamae</i>	Left foot short stance Left hand middle punch		Left foot short stance Left hand middle punch	
1	Step forward to right short stance Right upper punch Left middle block Right upper punch		Step back to right short stance Right upper block Left middle punch	
2	Step forward to left lunging stance Left middle punch Right upper block Left middle punch		Step back into left deep lunging stance Left middle block Right upper punch	
3	Step forward into right lower stance Right lower punch Left lower block Right lower punch		Step back into right lower stance Right lower block Left lower punch	
Reset to Kamae				
4	Step back to right short stance Right upper block Left middle punch		Step forward to right short stance Right upper punch Left middle block Right upper punch	
5	Step back into left deep lunging stance Left middle block Right upper punch		Step forward to left lunging stance Left middle punch Right upper block Left middle punch	

6	Step back into right lower stance Right lower block Left lower punch		Step forward into right lower stance Right lower punch Left lower block Right lower punch	
Reset to Kamae				

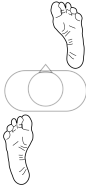
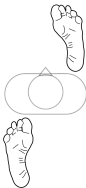
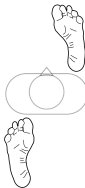
Section 2 - Part A

Count	Person A		Person B	
<i>Kamae</i>	Left foot short stance Left kumite-no-kamae		Left foot short stance Left kumite-no-kamae	
1	Right pushing kick Land in right short stance		Step back into right short stance	
Reset to Kamae				
2	Step back into right short stance		Right pushing kick Land in right short stance	
Reset to Kamae				
3	Right thrusting kick Land in right lunging stance		Step back into right lunging stance	

Count	Person A		Person B	
Reset to Kamae				
4	Step back into right lunging stance		Right thrusting kick Land in right lunging stance	
Reset to Kamae				
5	Right low roundhouse kick Land in right lower stance		Step back into right lower stance	
Reset to Kamae				
6	Step back into right lower stance		Right low roundhouse kick Land in right lower stance	
Reset to Kamae				

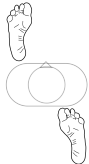
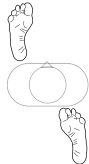
Section 2 - Part B

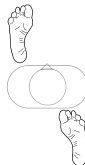
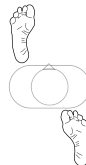
Count	Person A		Person B	
<i>Kamae</i>	Left foot short stance Left kumite-no-kamae		Left foot short stance Left kumite-no-kamae	

Count	Person A		Person B	
1	Right pushing kick Land in right short stance		Step back into right short stance Left front kick, returning to same stance	
Reset to Kamae				
2	Step back into right short stance Left front kick, returning to same stance		Right pushing kick Land in right short stance	
Reset to Kamae				
3	Right thrusting kick Land in right lunging stance		Step back into right lunging stance Left front kick, returning to same stance	
Reset to Kamae				
4	Step back into right lunging stance Left front kick, returning to same stance		Right thrusting kick Land in right lunging stance	
Reset to Kamae				
5	Right low roundhouse kick Land in right lower stance		Step back into right lower stance Step up, left lower roundhouse kick, return to same stance.	

Count	Person A		Person B	
Reset to Kamae				
6	Step back into right lower stance Step up, left lower roundhouse kick, return to same stance.		Right low roundhouse kick Land in right lower stance	
Reset to Kamae				

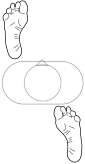
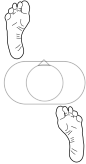
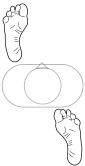
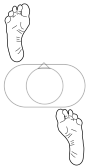
Section 2 - Part C

Count	Person A		Person B	
<i>Kamae</i>	Left foot short stance Left kumite-no-kamae		Left foot short stance Left kumite-no-kamae	
1	Right pushing kick Land in right short stance		Step back into right short stance	
2	Left thrusting kick Land in left lunging stance		Step back into left lunging stance	
3	Right low roundhouse kick Land in right lower stance		Step back into right lower stance Step up, left lower roundhouse kick, return to same stance.	

Count	Person A	Person B		
Reset to Kamae				
4	Step back into right short stance		Right pushing kick Land in right short stance	
5	Step back into left lunging stance		Left thrusting kick Land in left lunging stance	
6	Step back into right lower stance Step up, left lower roundhouse kick, return to same stance.		Right low roundhouse kick Land in right lower stance	
Reset to Kamae				

Section 2 - Part D

Count	Person A		Person B	
<i>Kamae</i>	Left foot short stance Left kumite-no-kamae		Left foot short stance Left kumite-no-kamae	
1	Right pushing kick Land in right short stance		Step back into right short stance Left front kick, returning to same stance	

Count	Person A		Person B	
2	Left thrusting kick Land in left lunging stance		Step back into left lunging stance Right front kick, returning to same stance	
3	Right low roundhouse kick Land in right lower stance		Step back into right lower stance Step up, left lower roundhouse kick, return to same stance.	
Reset to Kamae				
4	Step back into right short stance Left front kick, returning to same stance		Right pushing kick Land in right short stance	
5	Step back into left lunging stance Right front kick, returning to same stance		Left thrusting kick Land in left lunging stance	
6	Step back into right lower stance Step up, left lower roundhouse kick, return to same stance.		Right low roundhouse kick Land in right lower stance	
Reset to Kamae				