

002-3001: Yakusoku Kumite

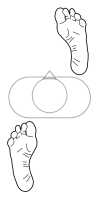
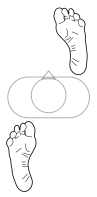
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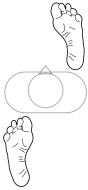
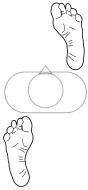
Summary

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

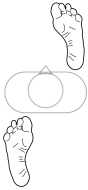
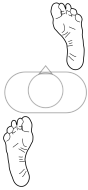
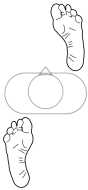
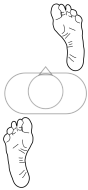
Part A

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				

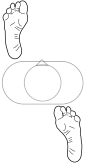
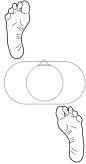
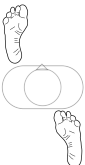
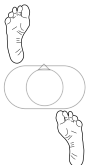
Part B

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				

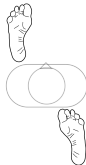
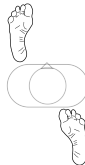
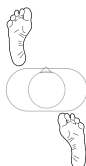
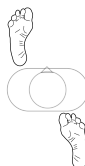
Part C

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	
Reset to Kamae				

Revision #5

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