

002-3002: Yakusoku Kumite Ni

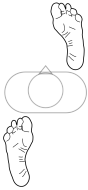
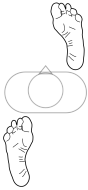
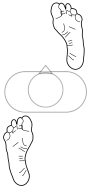
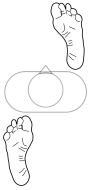
Summary

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

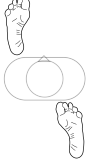
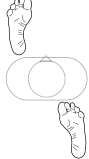
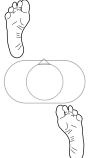
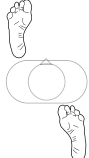
Section 1 - Part A

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				

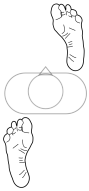
Section 1 - Part B

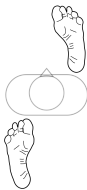
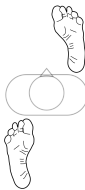
Count	Person A	Person B
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<i>Kamae</i>	Left foot short stance Left hand middle punch		Left foot short stance Left hand middle punch	
1	Step forward to right short stance Right upper punch Left middle block Right upper punch		Step back to right short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

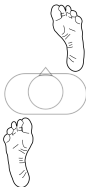
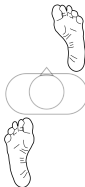
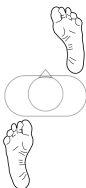
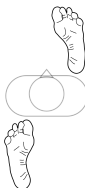
Section 2 - Part A

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				

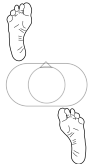
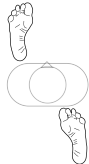
Section 2 - Part B

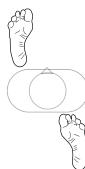
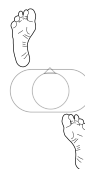
Count	Person A		Person B	
<i>Kamae</i>	Left foot short stance Left kumite-no-kamae		Left foot short stance Left kumite-no-kamae	

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				

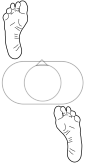
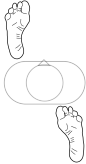
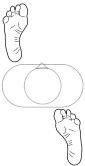
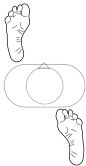
Section 2 - Part C

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				

Revision #3

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