

## OKIKUKAI 10 POINT KUMITE

A 1. Left foot forward, step through right punch.

D 1. Left foot forward, slide to left side, right circle block, right front kick.

A 2. Left foot forward, step through right punch, step through left punch.

D 2. Left foot forward, step back right circle block, step back left circle block into horse stance with right counter punch.

A 3. Right foot forward, step through left punch, step through right punch.

D 3. Left foot forward, step back right palm heel block, slide back @ 45, right circle block, right front kick.

A 4. Left foot forward, step through right punch, step through left punch, left side of foot kick.

D 4. Left foot forward, right circle block, left circle block, left down block, grab with left hand, right reverse punch to head.

A 5. Right foot forward, step through left punch, right front kick foot down in front, same stance right punch.

D 5. Left foot forward, step back right circle block, left down block, hold ground left circle block, right shoken.

A 6. Left foot forward, right roundhouse kick, right punch, left roundhouse kick, left punch.

D 6. Left foot forward, step back left cross block, left palm heel block, step back right cross block, right palm heel block, left punch to head.

A 7. Left foot forward, step through right punch, step through left punch, step back into left cross block, stand back up left circle block, stay and throw right punch.

D 7. Left foot forward, slide back left palm heel block, slide back right palm heel block, right roundhouse kick, foot down in front, right punch, step back, left circle block and keep ahold, right front kick.

A 8. Left foot forward, step through right punch, step back left circle block, right roundhouse kick foot down in front, left punch.

D 8. Left foot forward, slide back left circle block, step through right chop, step back left side cross block, stand up right circle block, left bushiken.

A 9. Right foot forward, left front kick, right round house kick, left side cross block, step back left circle block, right front kick.

D 9. Left foot forward, step back right down block, left side cross block, back up right roundhouse kick, slide up right punch, slide back to left horse stance, right konchin scoop block, throw kick around, step through left hand checking shoulder, right punch to head.

A 10. Right foot forward, step through right front kick to shin, step through left round house kick, right punch.

D 10. Left foot forward, left shin block, right shin block, step back left circle block, step into horse stance, right elbo, backfist, and take down like kanshu ending with right shoken.

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