

## Yakusoku Kumite Dai Ichi (also known as: Kyu Kumite)

#1

**Attacker** begin left foot foreword

**Defender** begin left foot foreword

**1 Attacker** step in right middle punch

**1 Defender** step back right circle block

**2 Attacker** step in left middle punch

**2 Defender** step back left circle block and right middle punch

#2

**Attacker** begin right foot foreword

**Defender** begin left foot foreword

**1 Attacker** step in left middle punch

**1 Defender** step back right circle block

**2 Attacker** step in right middle punch

**2 Defender** step back left open handed downward block and right punch

#3

**Attacker** begin right leg foreword

**Defender** begin left foot foreword

**1 Attacker** step in left middle punch

**1 Defender** step back right palm heel block

**2 Attacker** step in right middle punch

**2 Defender** tenshin left, right leg foreword, right circle block, and right kick

#4

**Attacker** begin left foot foreword

**Defender** begin left foot foreword

**1 Attacker** right side of the foot kick to the front

**1 Defender** slide back and left circle block

**2 Attacker** left roundhouse kick and land in front

**2 Defender** step back, right knee block

**3 Attacker** step in with right foot and right chop

**3 Defender** step back left circle block, then step in with horse stance, and right elbow strike with back-fist

#5

**Attacker** begin left foot foreword

**Defender** begin left foot foreword

**1 Attacker** slide in right punch

**1 Defender** slide back left circle block

**2 Attacker** right front kick

**2 Defender** slide back left downward block

**3 Attacker** left roundhouse kick

**3 Defender** slide back left low inward block

**4 Attacker** right roundhouse kick

**4 Defender** step back into a right horse stance and right low inward block then throw and step in same time, grab the shoulder with the left hand and right punch to the head

## Attacks

- #1 **Attacker** begin left foot foreword
  - 1 **Attacker** step in right middle punch
  - 2 **Attacker** step in left middle punch
- #2 **Attacker** begin right foot foreword
  - 1 **Attacker** step in left middle punch
  - 2 **Attacker** step in right middle punch
- #3 **Attacker** begin right leg foreword
  - 1 **Attacker** step in left middle punch
  - 2 **Attacker** step in right middle punch
- #4 **Attacker** begin left foot foreword
  - 1 **Attacker** right side of the foot kick to the front
  - 2 **Attacker** left roundhouse kick and land in front
  - 3 **Attacker** step in with right foot and right chop
- #5 **Attacker** begin left foot foreword
  - 1 **Attacker** slide in right punch
  - 2 **Attacker** right front kick
  - 3 **Attacker** left roundhouse kick
  - 4 **Attacker** right roundhouse kick

## Defense

- #1 **Defender** begin left foot foreword
  - 1 **Defender** step back right circle block
  - 2 **Defender** step back left circle block and right middle punch
- #2 **Defender** begin left foot foreword
  - 1 **Defender** step back right circle block
  - 2 **Defender** step back left open handed downward block and right punch
- #3 **Defender** begin left foot foreword
  - 1 **Defender** step back right palm heel block
  - 2 **Defender** tenshin left, right leg foreword, right circle block, and right kick
- #4 **Defender** begin left foot foreword
  - 1 **Defender** slide back and left circle block
  - 2 **Defender** step back, right knee block
  - 3 **Defender** step back left circle block, then step in with horse stance, and right elbow strike with back-fist
- #5 **Defender** begin left foot foreword
  - 1 **Defender** slide back left circle block
  - 2 **Defender** slide back left downward block
  - 3 **Defender** drop back to a horse riding stance and left low inward block
  - 4 **Defender** step back into a right horse stance and right low inward block then throw and step in same time, grab the shoulder with the left hand and right punch to the head