

JIYU IPPON KUMITE (Semi Free 1 Step Sparring) : SET 3

KEKOMI



1. Jiyu Dachi



2. Soto Uke



3. Kizami Mawashi Geri



4. Gyaku Zuki

MAWASHI GERI



5. Hikite Gamae



1. Jiyu Dachi



2. Uchi Uke



3. Gyaku Zuki

USHIRO GERI



4. Hikite Gamae



1. Jiyu Dachi



2. Intermediate Move



3. Kake Uke



4. Gyaku Zuki



5. Hikite Gamae