



## Ippon Kumite (One-Steps)



### 10<sup>th</sup> Kyu

- 1) **Down Block** - Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single low-level punch. Defender steps backward and blocks punch with down block. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 2) **Double Bone Block** - Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with double bone block. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 3) **High Block** - Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single high punch. Defender steps backward and blocks punch with high block. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 4) **Cross Body Block** - Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with cross body block. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 5) **Single Bone Block** – Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with single bone block. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 6) **Knife Hand Block** - Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with knife hand block. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 7) **Block-Sweep-Jab** - Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with double bone block, sweeps the Attacker's arm, grabbing the Attacker's wrist and pulling it down to his hip, and then jabs with blocking hand to Attacker's throat (for beginners the jab should be done with a closed fist to the chest). (After 10 blocks, reverse directions with Attacker now the Defender.)



## Ippon Kumite (One-Steps)



### 9<sup>th</sup> Kyu

- 1) **Down Block** - Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single low-level punch. Defender steps backward and blocks punch with down block and then counters with a reverse punch to the outside of Attacker's ribs, pulling punch back afterwards. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 2) **Double Bone Block** - Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with double bone block and then counters with a reverse punch to the outside of Attacker's ribs, pulling punch back afterwards. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 3) **High Block** - Start with Attacker in left front stance and Defender in right front stance. Attacker steps forward and punches at Defender with a single high punch. Defender steps backward and blocks punch with high block and then counters with a reverse punch to the Attacker's solar plexus, pulling punch back afterwards. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 4) **Cross Body Block** - Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with cross body block and then counters with a reverse punch to the Attacker's solar plexus, pulling punch back afterwards. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 5) **Single Bone Block** – Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with single bone block and then counters with a reverse punch to the outside of Attacker's ribs, pulling punch back afterwards. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 6) **Knife Hand Block** - Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with knife hand block and then counters with a reverse punch to the outside of Attacker's ribs, pulling punch back afterwards. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 7) **Block-Sweep-Jab** - Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with double bone block, sweeps the Attacker's arm, grabbing the Attacker's wrist and pulling it down to his hip, and then jabs with blocking hand to Attacker's throat. (After 10 blocks, reverse directions with Attacker now the Defender.)



## Ippon Kumite (One-Steps)



### 6<sup>th</sup> Kyu

- 1) **Down Block** – Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single low-level punch. Defender steps backward and blocks punch with down block with back arm and at same time counters with a punch with front arm to solar plexus of Attacker, holding the punch. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 2) **Double Bone Block** – Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with double bone block with back arm and at same time counters with a punch with front arm to solar plexus of Attacker, holding the punch. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 3) **High Block** – Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single high punch. Defender steps backward and blocks punch with high block with back arm and at same time counters with a punch with front arm to solar plexus of Attacker, holding the punch. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 4) **Cross Body Block** – Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with cross body block with front arm and at same time grabs the Attacker's wrist with his opposite hand. Defender then bends Attacker's wrist down and at same time strikes Attacker's side of head at the temple with a back-fist strike. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 5) **Single Bone Block** – Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with single bone block. Then Defender counters with a punch with the same arm to the outside of Attacker's head, pulling punch back afterwards, and striking the back of the Attacker's hand with his elbow. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 6) **Knife Hand Block** – Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with knife hand block, pulling Attacker's arm down. Defender grabs Attacker's arm just above the elbow with his opposite hand and then counters with a knife hand jab between the Attacker's arm and hip. (After 10 blocks, reverse directions with Attacker now the Defender.)
- 7) **Block-Sweep-Jab** – Start with both Attacker and Defender in left front stance. Attacker steps forward and punches at Defender with a single mid-level punch. Defender steps backward and blocks punch with double bone block, sweeps the Attacker's arm, grabbing the Attacker's wrist and pulling it down to his hip, and then jabs with blocking hand to Attacker's throat. (After 10 blocks, reverse directions with Attacker now the Defender.)