

## **WELCOME TO MARK HOLDING MITSURU KARATE**

**You have taken the first steps on what may well be a life long participation in an enjoyable and fulfilling martial art.**

**All classes are based on traditional Wado Ryu karate with a strong sporting and competition based element accompanying it. Wado ryu has a strong jujitsu influence as well as being a fast fighting style**

### **About the Chief Instructor**

**Mark Holding 6<sup>th</sup> Dan is the Chief Instructor of Mark Holding Mitsuru Karate Do. He first became involved in the martial arts at the age of 8 when he took up Judo at Kendal Judo Club. During his formative years he engaged in Tae Kwon Do and Amateur Boxing. It wasn't until the late 80's when moving to Penrith that he joined the local karate Club then based at the Queen Elizabeth Grammar School where he trained under the Club instructor Richard 'Dick' Bird and the Association Chief Instructor who visited Sensei Doug James. Mark was a full time Police Officer who in 1995 became the Head Instructor at Penrith Karate Club and taking over the reins from the retiring Dick Bird.**

**Marks passion from an early stage was competition karate and this saw him travel the country and into Europe competing for the association. He has been the British Champion and has made the final of both the British and English Championships on no lesser than 8 occasions.**

**Having run Penrith, Appleby and Keswick clubs under his previous association, Mark in 2015 decided to start his own association focusing on the development and progression of his students through an open and progressive approach. 'Traditional Karate, Modern methods' with a significant sporting background and coaching base in other sports mark has a wealth of knowledge in sports conditioning**

**Mark believes in a very simple ethos; 'you only get out of Karate what you put into it!'. Marks wish and long term legacy is to return to the students what he has learned, giving his students the opportunities they should have to develop and grow. (Mitsuru 'to grow')**

## **KARATE GRADINGS**

The “Grading System of the Association” starts at **WHITE BELT (Beginner)**, then after passing a grading exam conducted by the Chief Instructor, the following **JUNIOR and INTERMEDIATE STUDENT (KYU) Grades**, denoted by coloured belts apply:-

### **ADULTS/TEENAGERS**

**8th KYU - Yellow Belt; 7th KYU - Orange Belt; 6th KYU - Green Belt; 5th KYU - Blue Belt; 4th KYU - Purple Belt.** The recommended training period between grades is normally three months, based on an average of 20 classes attended.

### **JUNIORS- BOYS/GIRLS (12 and under)**

**9th KYU - Red Belt; PROVISIONAL 8th KYU -yellow Stripe; 8th KYU - Yellow Belt. PROVISIONAL 7th KYU - Orange Stripe; 7th KYU - Orange Belt; PROVISIONAL 6th KYU - Green Stripe; 6th KYU - Green Belt, PROVISIONAL 5th KYU - Blue Stripe. 5th KYU - Blue Belt; PROVISIONAL 4th KYU - Purple Stripe; 4th KYU - Purple Belt.** The recommended training period between grades is normally three months (including stripe to full belt), based on an average of 20 classes attended. **STUDENTS ARE NOMINATED TO TAKE GRADINGS BY THEIR CLASS INSTRUCTOR.**

In exceptional circumstances the Chief Instructor can grade the level that he considers appropriate for the student.

### **SENIOR STUDENTS GRADES - BROWN BELT**

**3RD KYU (Black Stripe); 2nd KYU (2 Black Stripes), 1st KYU (3 Black Stripes) - these gradings are normally conducted by Sensei Holding and a panel of senior grades.**

The recommended training time between grades is six months, based on 40 classes attended for students, **Junior Brown Belts Under 16 yrs** designate their grade level with white stripes. It is the chief instructors sole decision as to whether a person is suitable to attempt a grading.

## **INSTRUCTOR GRADE - BLACK BELT**

**The Black Belt Grades are 1st Dan, 2nd Dan and 3rd Dan - The minimum training time between these grades are equivalent to the Dan Grade level. ie 1st Dan to 2nd Dan - 2 years, and 2nd Dan to 3rd Dan - 3 years. It is a requirement for all Dan examinees to be assessed suitable to grade by the Chief Instructor or a Senior Instructor 3<sup>rd</sup> Dan or above 4th Dan and above are HONOURARY GRADES and are awarded to Senior Black Belt Instructors who consistently contribute to the development and operation of the Association. These awards are at the sole discretion of Sensei Holding and the Head of the Association Sensei Iain Swain. The nominee must have an in-depth knowledge and experience in Karate and demonstrate a continued ability to train and teach Mark Holding Mitsuru Karate. The Dan grade level is designated on the belt with orange stripes.**

## **GRADING EXAM CRITERIA & GUIDANCE**

**The criteria for Grading Promotion is based on Technical Standard & Performance on the day, with the requirements detailed in the syllabus, however, it is not possible to have a standard benchmark that will cover every type of person, considering the wide range in age (6-60+) together with build, sex & possible physical / medical constrictions. It is recognised in fairness and progression that there has to be flexibility within this area.**

**It is at the sole discretion the Chief Instructor in respect of grading requirements**

## **GRADING FEES Inclusive of Certificate & Karate Belt**

**Red through to Purple Belt £20**

**Brown Belts £30**

**1<sup>st</sup> 2<sup>nd</sup> or 3<sup>rd</sup> Dan £50**

## **RED BELT/YELLOW BELT (8th Kyu)**

### **KIHON-TSUKI (Basic Hand Techniques)**

- 1. Junzuki turn in Jodan Uke - Straight Punch, Head Block**
- 2. Jodan Uke - Head Block**
- 3. Gyakazuki turn in Gedan Barai - Opposite Punch, Downward Block**  
**Gedan Barai - Downward Block**

### **KIHON-KERI (Basic Kick Techniques)**

- 1. Maegeri – Front snap Kick (S & R)**
- 2. Mawashigeri - Round House Kick (Instep)(S)**
- 3. Surakomi mawashigeri one step round house kick**
- 4. Ura Mawashigeri (Optional)**

### **RENRAKU WAZA (Combination Techniques)**

- 1. Step thought Tobikomizuki with full pull back to hip before returning to fighting stance)**
- 2. Surikomi - Tobikomizuki - One step front punch full pull back to hip before returning to fighting stance**
- 3. Maegeri - Tobikomizuki - Front kick, snap punch full pull back on punch**
- 4. Mawashigeri Gayakuzuki - Round kick reverse punch**
- 5. Step back soto uke grab maegeri and gakazuki**

**Free sparring with competition hand mitts and gum shields being compulsory.**

**Light body techniques but displaying a good attitude towards positively applying competition techniques. No face techniques**

## **ORANGE BELT (7th KYU) - STRIPE & FULL BELT**

### **KIHON, TSUKI AND KERI (Basic Techniques)**

- 1. Junzuki no Tsukkomi**
- 2. Gyakazuki no Tsukkomi**
- 3. Mawashigeri (Roundhouse Kick with instep)**
- 4. Sokutogeri Fumikomi (Side Kick Stamping downover, with side edge/heel of foot/knee height)**
- 5. Ura mawashigeri (Hook Kick)**
- 6. Shuto uke Knife hand block in long cat stance.**

### **RENRAKU WAZA (Combination Techniques)**

- 1. Ashi-Barai - Gyakazuki (Foot Sweep with reverse punch)**
- 2. Kazamizuki with full pull back**
- 3. Maegeri - Mawashigeri - Gyakazuki (Front thrust Kick, Roundhouse Kick then reverse punch)**
- 4. Zenshenite Jodan chuden renzuki Mawashergeri Jodan**
- 5. Gyakuzuki into step up Ura mawashergeri**

### **Kumite DRILLS (PARTNER WORK)**

**All performed in fighting stance with partner**

**All left to left stance**

- 1. Blocking snap punch with rear hand**
- 2. Blocking gakazuki with front guard hand**
- 3. Blocking mawashegeri jodan partners front leg with back hand**
- 4. Blocking Mawashegeri jodan (back leg left side with left hand)**

**Ippon Gumite Basic partner block number one.**

**See Appendix 1**

**KATA (Form Demonstration) PINAN NIDAN – Starting sequence only for STRIPE For Full Belt - Full Kata to a reasonable standard**

**Padwork Demonstration Hand techniques only into focus mitt or other pad.**

**Light Sparring in pairs – Competition Hand Pads & Gum Shields are required - show karate techniques to a reasonable standard displaying positive mental attitude and application**

### **GREEN BELT (6th KYU) - STRIPE & FULL BELT**

#### **KIHON, TSUKI & KERI (Basic Techniques)**

- 1. Kette Junzuki (Front kick, with Lunge Punch to middle area)**
- 2. Kette Gyakazuki (Front kick, with Reverse Punch to middle area)**
- 3. Tobikomizuki (Front hand Snap Punch from Shizentai Stance – left/right, Natural Stance)**
- 4. Soto Uke (Outer Forearm Block in Long Cat Stance) – to minimum standard**
- 5. Ura Mawashigeri (Reverse Roundhouse/hook Kick with bottom of foot/instep straight)**
- 6. Surikomi Mawashigeri (One step Roundhouse Kick to knee/middle area, with instep)**
- 7. Nagashazuki General principle sweeping technique from fighting stance**

## **RENRAKU WAZA (Combination Techniques)**

- 1. Surikomi-Ashi-Barai - Gyakazuki (One Step front Foot Hook backover with Reverse Punch)**
- 2. Maegeri - Sokutogeri Chudan - Gyakazuki (Front Kick, Side Kick, with side edge/heel, then Reverse Punch)**

**Step through double punch front kick reverse punch**

- 3. Ohyu Gumite No 1 (Step forward & Front Punch to head, combined with Reverse Punch to middle, then Full Sweep with rear leg & Reverse Punch to Middle Area)**
- 4. Gyakazuki into step up ura mawashergeri**

**KATA (Form Demonstration) Pinan Nidan & Pinan Shodan (Opening sequence) For Stripe**

## **BLOCKING DRILLS /PARTNER WORK**

### **Ippon Gumite**

**Basic Block number one**

**AND**

**Basic Blocking Technique number two. See appendix**

### **Ohyu Gumite**

**No 1 see appendix 2**

**Kumite.**

**As for orange belt but after each attack opponent counters.**

## **Impact Padwork**

### **Examiners Choice**

**JI YU KUMITE (Free Fighting) – Competition Hand Pads & Gum Shields are**

**Required - no contact to face for Juniors, light touch only for Seniors – show variation of karate techniques to minimum standard & distancing**

## **BLUE BELT (5th KYU) - STRIPE & FULL BELT**

### **KIHON, TSUKI & KERI (Basic Techniques)**

- 1. Kette Junzuki (Front kick, with Lunge Punch to middle area)**
- 2. Kette Gyakazuki (Front Kick, with Reverse Punch to middle area)**
- 3. Kette Junzuki No Tsukkomi (Front Kick, with Lunge punch to head with lean, narrow basic stance but with both heels in line)**
- 4. Ura mawashergeri**
- 5. Ushirogeri**
- 6. Nagashizuki (Front hand head punch/slight body shift (avoiding attack) from Shizentai Stance – left/right, Ready Stance)**

### **RENRAKU WAZA (Combination Techniques)**

- 1. Mawashigeri Chudan - Ushirogeri- Gyakazuki (Round Kick, turning into back kick with Reverse Punch)**
- 2. Step through double punch front kick round kick reverse punch**
- 3. Tobikomizuki-Gyakazuki-Uraken (Front Punch, Reverse Punch, Back Fist – all combined in Free Fighting Stance-hitching forward with each technique)**

**Ohyu Gumite No 2 - Gyakazuki Jodan -Surikomi Ashi Barai - Gyakazuki Chudan (Hitch Forward Reverse Punch to head, Step back foot to front foot (same time as punch pull back), Hook with front foot & Reverse Punch off centre, pivoting on back heel)**

**KATA Pinan Shodan - Pinan Sandan - to min standard for Stripe Pinan Yodan - to minimum standard FOR FULL BELT**

## **PARTNER WORK**

**Ippon Gumite Basic Blocks no 1 2 and 3**

**Left to left attacker left meageri**

**Opponent moves left foot to left suitable distance and performs left open hand parry block deflecting kick to right steps in with left foot and delivers gakuzuki to opponents kidney area.**

**Ohyu Gumite number 1 and 2 with a partner.**

**Kumite partner work.**

**Kazmi Gaku mawash to target areas opponent then does same.**

**Gakazuki ura mawashigeri to target area**

**Gakazuki ura into take down and gaku to opponent scoring area on floor**

**L to L Attacker breaks line to left switching to right stance and delivers right kazamizuki.**

## **PADWORK DEMONSTRATION without Competition Hand Pads**

**JI YU KUMITE (Free Fighting) – Competition Hand Pads & Gum Shields are Required – no contact to face for juniors, light touch only for seniors - controlled touch to the body to “Competition Scoring Areas” (show variation of karate techniques to reasonable standard & distancing**

## **PURPLE BELT (4th KYU) - STRIPE & FULL BELT**

**12**

### **KIHON, TSUKI & KERI (Basic Techniques)**

- 1. Kette Junzuki (Front kick, with Lunge Punch to middle area)**
- 2. Kette Gyakazuki (Front kick, with Reverse Punch to middle area)**
- 3. Kette Junzuki No Tsukkomi (Front kick, with Lunge punch to head level with lean, narrow basic stance but with both heels in line)**

4. **Kette Gyakazuki no Tsukkomi**
5. **Nagashizuki Shizentai Stance -**
6. **Ashi bari**

#### **RENRAKU WAZA (Combination Techniques)**

1. **Maegeri Chudan - Nagashizuki Jodan - Gyakazuki Chudan**
2. **Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri Chudan (Instep) (One step Front Kick into Front hand head punch/slight body shift (avoiding attack) with reposition foot to side with Round Kick**
3. **Ushiro ura mawash into chudan mawashergeri**
4. **Tobikomizuk i- Gyakazuki - Uraken (Front Punch into Reverse Punch, Back Fist – all combined in Free Fighting Stance-hitching forward with each technique)**

**KATA (Form Demonstration) All Five Pinan Katas to be performed to a good standard**

#### **PARTNER WORK**

**Ippon Gumite**

**1,2,3 and 4**

**Ohyu Gumite number 2 and 4 with partner.**

**Kumite partner work**

**As blue belt**

**IMPACT PADWORK without Competition Hand Pads. Examiners Choice**

**JI YU KUMITE (Free Fighting) – Competition Hand Pads & Gum Shields are Required – no contact to face for juniors, - controlled touch to the body to Competition Scoring Areas (show variation of karate techniques to reasonable standard & distancing).**

## **BROWN BELT (3rd 2<sup>nd</sup> and 1<sup>st</sup> kyu) - FULL BELT**

### **KIHON, TSUKI & KERI (Basic Techniques)**

- 1. Kette Junzuki**
- 2. Kette Gyakazuki**
- 3. Kette Junzuki No Tsukkomi**
- 4. Kette Gyakazuki No Tsukkomi**
- 5. Nagashizuk**
- 6. Ura Mawashegeri**
- 7. Ushirogeri**

### **RENRAKU WAZA (Combination Techniques)**

- 1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakazuki Chudan**
- 2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Sokutogeri Chudan - Ushirogeri Chudan - Uraken Jodan**
- 3. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Nagashizuki Jodan - Gyakazuki Chudan - Mawashigeri Chudan**

### **KATA (Form Demonstration)**

**Any three pinan kata (examiners choice) all brown belts**

**3<sup>rd</sup> Kyu Ku Shanku**

**2<sup>nd</sup> Kyu Kushanku and Ni Hanchi**

**1<sup>st</sup> Kyu Ku Shanku Nihanchi and Seishan**

**KATA (BUNKAI) - demonstrate application, one from each advanced kata**

**UKE (Blocks) IPPON GUMITE - All Ages with Partner.**

**Own choice of defense against a selection of the following techniques**

**Straight punch stomach, Straight punch to face. Hook punch to face, single hand grab, double hand grab, rear choke**

**OHYU GUMITE (Semi-Free Fighting) and Kihon GUMITE**

**3<sup>rd</sup> kyu Ohyu 1,2,and3 Kihon 1 , 2**

**2nd Kyu Ohyu 3, 4 & 5 Kihon 2nd Kyu - 3 ,4 and 5**

**1st Kyu – Ohyu Gumite 4, 5 and 6 Kihon 4,5 and 6**

**IMPACT PADWORK Examiners Choice**

**JI YU KUMITE (Free Fighting) - COMPETITION HAND PADS & GUM SHIELDS ARE REQUIRED - no contact to face for juniors, - controlled body contact (SHOW VARIATION OF KARATE TECHNIQUES TO A COMPETENT STANDARD WITH CORRECT DISTANCING & TIMING**

**BLACK BELT 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> DAN**

**KIHON, TSUKI & KERI (Basic Techniques)**

- 1. Kette Junzuki**
- 2. Kette Gyakazuki**
- 3. Kette Junzuki No Tsukkomi**
- 4. Kette Gyakazuki No Tsukkomi**
- 5. Nagashizuki**
- 6. Ushiro geri**
- 7. Ura mawashergeri**

## **RENRAKU WAZA (Combination Techniques)**

- 1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushiro sokuto geri Chudan - Gyakuzuki Chudan**
- 2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Sokutogeri Chudan - Ushiro sokuto geri Chudan - Uraken Jodan**
- 3. Zenshinshite Jodan - Chudan Renzuki - Maegeri Chudan - Nagashizuki Jodan - Gyaku zuki Chudan - Mawashigeri Chudan**

**KATA (Form Demonstration) 1st Dan - Ku Shanku, Nai Hanchi, Chinto 2<sup>nd</sup> Dan - Ku shanku Seishan, Wanshu, Passai, Ro Hoi 3<sup>rd</sup> Dan - Ku shanku Wanshu, Neisi Shi, Jitte, Jion**

**KATA (Bunkai) 1st Dan, 2nd Dan & 3rd Dan 1<sup>st</sup> Dan - 1 from each kata 2<sup>nd</sup> Dan - 1 from each kata 3<sup>rd</sup> Dan - 1 from each Kata**

## **UKE BLOCKS IPPON GUMITE**

**All Dan examinees to demonstrate two examples of blocking against selected attacks with their own variation finish.**

**1st Dan OHYU GUMITE 5 6 and 7 KIHON GUMITE 5, 6 & 7**

**2nd Dan OHYU GUMITE 6 7, and 8 KIHON GUMITE 6, 7 & 8**

**3rd Dan OHYU GUMITE Examiners choice KIHON GUMITE Examiners Choice**

## **IMPACT PADWORK 30mins**

**JI YU KUMITE (Free Fighting) - Competition Hand Pads & Gum Shields are Required - no contact to face for juniors, light touch only for seniors - controlled touch to the body to "Competition Scoring Areas" (show variation of karate techniques to a competent standard with correct distancing & timing)**

## **GENERAL SAFETY WHEN GRADING AND TRAINING**

**All pair work, whether Bunkai, Pre-arranged or Free-Sparring, must be performed with the opponents safety in mind, wreckless**

**techniques will not be tolerated. Head and body techniques for seniors must be controlled to the level of light skin touch - light contact is only permitted to the muscled area of the stomach for Seniors. With regard to Juniors, light controlled skin level touch is permitted to the body and NO TOUCH WHATSOEVER TO THE HEAD, FACE OR NECK.**

**(2/3cm should be the margin of control aimed for when training)**

## **Appendix 1**

### **Ippon Gumite (Basic Blocks up to Purple belt)**

#### **Block 1**

##### **Basic level**

**Left to left stance.**

**Attacker steps through with Junzuki lunge punch to stomach or chest area.**

**Defender steps back and performs right soto uke with simultaneous wrist grab then performs maegeri to opponents stomach then gakazuki (reverse punch)**

**Advanced. (12 yrs plus)**

**As above but upon completion of punch push opponents arm to right step in behind and effect scarf choke as instructed by instructor**

#### **BLOCK TWO**

##### **L to L**

**Attacker Step Through lunge punch to head area normal junzuki stance.**

**Defender retracts front just behind right foot steps in right foot and effects right rising punch to opponents jaw area. Then hitches in delivering left elbow strike to appropriate target. Ribs or head area (No contact here)**

**Advanced As above right punch to stomach instead of jaw to double opponent over to enable defender to effect a strangle by**

**placing right arm over and behind opponents neck and under chin then lifting to effect. (Opponent must tap when strangle is effected for safety. )**

### **BLOCK THREE**

**L to L**

**Basic**

**Attacker delivers right front kick**

**Defender deflects kick by moving front foot appropriate distance to the left twisting the hip and using the front hand left to deflect kick by parrying kick with left forearm delivers right gakazuki to opponents kidney area timing punch to contact as opponent lands.**

**Advanced 12 yrs plus**

**As above then defender after punch shifts weight to left leg places edge of right foot into rear of attackers right knee at same time grabs collar with right hand. Pushes knee away whilst pulling opponent to floor retaining hold delivers left punch to face area.**

## **BLOCK FOUR**

**L to L**

**Attacker delivers right mawashigeri**

**Defender shifts to right moving right leg and drawing left leg whilst effecting left arm block then scooping attackers kick.**

**Attacker then grabs opponent with right arm around waist or by lapel of gi whilst effecting a sweep/throw**

**Appendix 2**

### **OHYU-GUMITE (SEMI-FREE FIGHTING TECHNIQUES)**

**Procedure & Etiquette - See Opposite**

- . 1 Attacker left defender left. A. Step forward double punch (jodan, Chudan) pivoting effectsweep with left foot then right gyakazuki to kidney. D. Step back as attacker moves forward and blocks first punch with open hand Uchi Uke. (Keep in free fighting stance - slight lean with block)**
- . 2 Attacker right stance defender left. A.Left Gyakazuki Jodan, step left foot to right as left punch returns to body centre. Right hook sweep opponents foot and left gyakazuki to kidney. – D.Slide stance backover and block in over left open hand. (keep in free-fighting stance - slightly lean with block)**
- . 3 A. Step forward double punch (jodan, chudan with lock out) D. Step back and left open block in over Jodan punch. After Attackers Chudan punch, slide forward with left Junzuki No Tsukkomi.**

**A Hitch under left punch into right shiko dachi behind defender. Left back hand under defender's chest (simultaneous with defenders junzuki) - Scissor throw over right leg without holding, straightening legs. Drop down bending knees and right Uraken to nose. (If opponent falls out of distance - close distance).**

- 4. Attacker right stance defender right stance. A. Right Ura-ken Jodan with left step, continuous movement with left open hand elbow guard whilst returning right hand to hip - right ura-tsuki to kidney. (No wrist twist - Shiko Dachi) D. Hitch back over in straight line (Shiko dachi), right head block attacker's uraken jodan. A. Grab defender's shoulders and right hiza geri (knee kick to stomach whilst twisting, body into kick) Dropping on to right foot, right empi (elbow) to either shoulder blade, with left open hand under elbow for safety (Shiko Dachi screwing hip into empi) Place your hand under empi to protect partner.**
- 5. Attacker left defender left. On this one the defender is the one doing the technique. A . Full step through into right stance and deliver left chudan reverse punch then one step, right maegeri thrust kick. D. Step back, right uchi uke chudan blocking reverse punch. Step back left in over block with outer forearm, blocking kick D. Right Haito (ridge hand) to stomach, (whilst sliding right foot in slightly) continuous uraken to back of head - Simultaneous left hand pull down (reposition right foot if required) with right shuto breaking balance behind knee - Continuous right shuto to nose.**
- 6. One step left maegeri - Right gyakazuki jodan, reposition right foot, left sweep and right mawashigeri chudan after repositioning left foot for distancing. One step back out of kick range and block punch open right hand in over slight hitch and lean**
- 7. Left double snap punch to head, shuffling forwards. Right open hand in open block (Both snap punches). - Stepping slightly to left, right maegeri chudan Block kick with left outer forearm (Basic ippon No.7), then right ura-tsuki to kidney (no wrist twist - Shiko Dachi) - Simultaneous, step left foot slightly to left, grab attacker's collar and break balance behind right knee with bottom of right foot, pulling to floor Right Side). - Left reverse punch to face.**

- 8. Attacker right defender left. Left foot slide and right foot hook attempt. After left sweep attempt turning into right back kick chudan. Turning into left reverse punch chudan (right back hand blocks defender's left hand). One step back (out of hook range) - One step back (out of sweep range)**

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### **KIHON-GUMITE (BASIC SPARRING)**

- 1. Slide, Right head punch, left reverse punch chudan to defender's changed position. (Reposition right foot). Slide, right head block, step left foot (triangle) body twist, simultaneous, left one knuckle punch with right forearm guard.**
- 2. Slide, right head punch, one step; left foot to right foot, perform sokuto chudan to defender's changed position. (Drop to Shiko Dachi Stance both feet in line). Slide, right head block, step left foot (right angle to right foot), drawing right foot to 'T' stance and right gedan barai, right foot step, body twist Haiti (ridge) with left Teisho (Palm).**
- 3. Slide, Right head punch, square stance, right foot slightly back, for left maegeri. Slide, Right head block, body twist to right (Nagashazuki principal) with right half punch to solar plexus and simultaneous left fist in guard position to inner thigh. (Junzuki Tsukkomi Stance)**
- 4. Slide, Left head punch, right reverse punch, Jodan to defender's new position. Slide, Right head block, step left foot right angle to right foot, left uchi uke leaning backover (short cat-stance) step right foot with right one knuckle punch to armpit/ribs (Junzuki No Tsukkomi Stance).**

- 5. Slide, Left head punch, right reverse punch Chudan Slide, Right head block, right backhand block whilst drawing right foot backover to right short Cat Stance (Pivoting Heel) - Left hand grasp, twist wrist and keep hold of attackers right fist right foot step and perform haito to side of face. Step right foot to shiko dachi and right empi chudan. - Right hand, open hand grasp attacker's right hand pivoting ball of foot, draw Right Foot to right Cat Stance with bent wrist hold - Body twist step left foot behind. Pull anti clockwise to floor - Right knee hold attacker's elbow, while punching to face (right foot under opponents shoulder blade) - Both hands hold attacker's wrist and lower forearm, hitch backover in stance.**
- 6. Slide, Left head punch, one step right foot to left foot, perform left sokuto chudan with right gyakazuki jodan. Slide, Right head block - Step left foot, right angle to right foot, drawing foot to 'T' stance and right gedan barai. Body twist left foot (triangle), right knife hand block with left punch chudan.**
- 7. Slide, left head punch, square Stance, left foot slightly back, right mawashigeri jodan. Slide, Right head block, body twist (Nagashazuki principle), right shuto strike (no pull back) to collarbone, left forearm guard. (Vertical with open hand)**
- 8. Slide, Right chudan punch - Left Jodan punch Slide, Right Uchi Chudan (Shiko Dachi/Side Stance). Right elbow block Jodan -Right middle knuckle punch past attacker's thigh - Right reinforced elbow to ribs (Shiko Dachi) - Left foot slightly to left in over with body twist open hands hold attacker's right fist - push off to break attacker's balance, whilst stepping back with right foot.**
- 9. Slide, Right Chudan punch, left Chudan punch. Slide, Right Uchi Chudan block in over (Shiko Dachi) - Same hand Soto Uke, step left foot (triangle).**

**Left punch Chudan keeping right edge of open hand block in position.**

**10. Slide, Right punch Jodan -Left Reverse Punch Jodan. Slide, Right Shuto head block in over - With body twist, right outside wrist block, with left open palm hand holding attacker's right fist - Right grasp of attacker's left sleeve perform right elbow armpit, then left groin strike (back of hand) while moving right foot to side - Left foot step across, twisting body and grasping attacker's left Gi (knee) with left hand -Throw over shoulder stepping back with right foot.**