

KIHON IPPON KUMITE (Basic 1 Attack Sparring) : SET 3

KEKOMI



1. Zenkutsu Dachi / Yoi



2. Soto Uke



3. Gyaku Zuki

MAWASHI GERI



1. Yoi / Zenkutsu Dachi



2. Uchi Uke



3. Gyaku Zuki