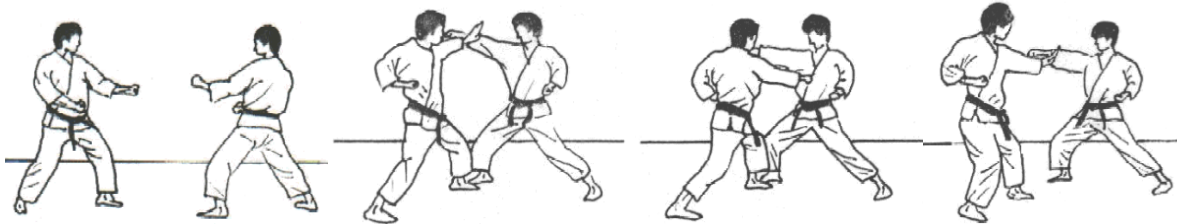


Jiyu Ippon Kumite

Attack: Jodan Oi Zuki

Jodan Oi Zuki #1

(Set 1) Freestyle Stance, High Vertical Knife Hand Block, Mid Reverse Punch, Hand Pulled Back



Jiyu Gamae

Tate Shuto Uke

Chudan Gyaku Zuki

Hikite Gamae

Jodan Oi Zuki #2

(Set 2) Freestyle Stance, High Sweeping Block, Mid Inverted Fist Punch, Pull back hand



Jiyu Gamae

Jodan Nagashi Uke Migi Chudan Ura Zuki

Side View

Hikite Gamae

Jodan Oi Zuki #3

(Set 3) High Upper Block, Front Leg Round Kick, Mid Reverse Punch, withdraw both arms



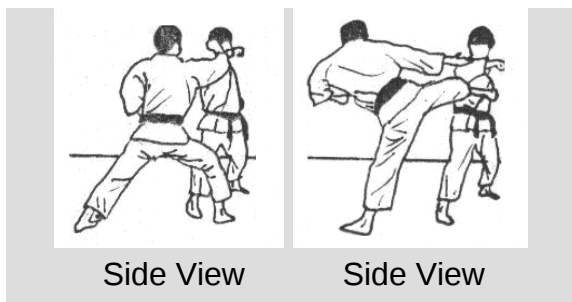
Jiyu Gamae

Jodan Age Uke

Kizami Mawashi Geri

Gyaku Zuki

Hikite Gamae



Side View

Side View

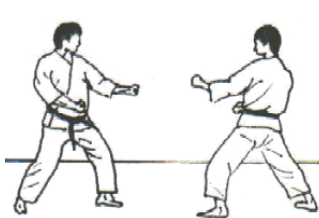
Jiyu Ippon Kumite

Attack: Jodan Oi Zuki (Cont.)

Jodan Oi Zuki #1

(Set 4)

Left Hand sweeping block, palm heel strike, withdraw both hands



Jiyu Gamae



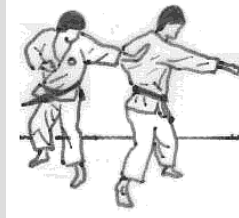
Nagashi Uke



Teisho Uchi



Hikite Gamae

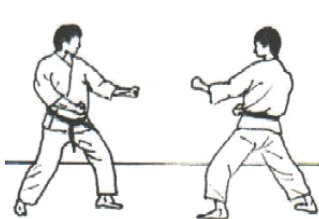


Side View

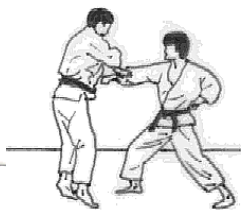
Jodan Oi Zuki #5

(Set 5)

Left while jumping Hand Pressing Block Right High Back Fist Strike, withdraw both hands



Jiyu Gamae



Tobi Te Osea
Uke



Tobi Mae Geri



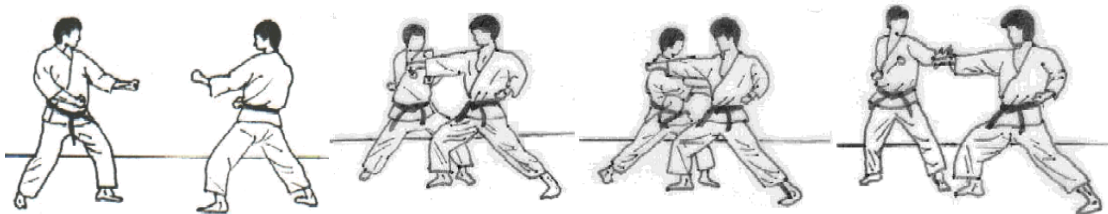
Uraken Uchi

Jiyu Ippon Kumite

Attack: Chudan Oi Zuki

Chudan Oi Zuki #1

(Set 1) Freestyle Stance, High Outside Forearm Block, Mid Reverse Punch, Hand Pulled Back



Jiyu Gamae

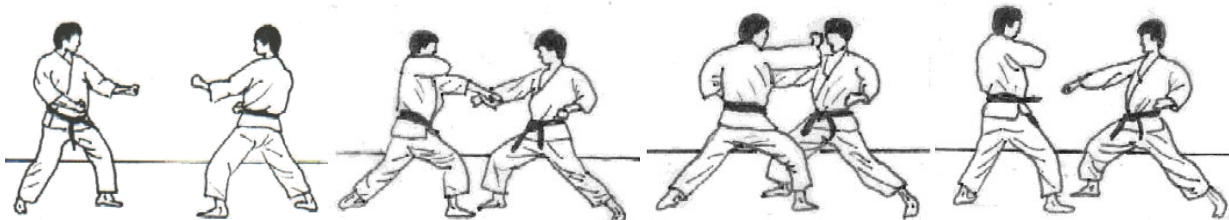
Chudan Soto
Ude Uke

Chudan Gyaku
Zuki

Hikite Gamae

Chudan Oi Zuki #2

(Set 2) Freestyle Stance, Low Reverse Knife Hand Block, High Backfist, Mid Reverse Punch, Pull Back Hand



Jiyu Gamae

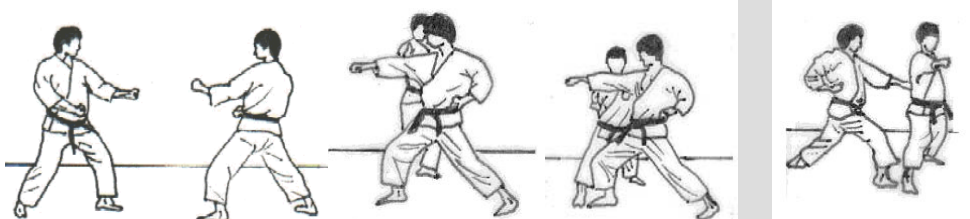
Jodan Uraken Uchi

Chudan Gyaku Zuki

Hikite Gamae

Chudan Oi Zuki #3

(Set 3) Vertical Knife Hand Block, Mid Reverse Punch, Withdraw both hands



Jiyu Gamae

Tate Shuto
Uke

Gyaku Zuki

Side View



Hikite
Gamae



Side View

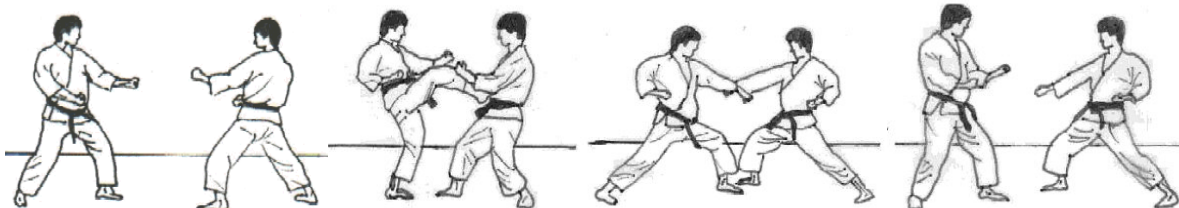
Jiyu Ippon Kumite

Attack: Chudan Oi Zuki (Cont.)

Chudan Oi Zuki #4

(Set 4)

Right Mid Front Kick, Left Low Block, Left High Lunge Punch, return to Freestyle stance

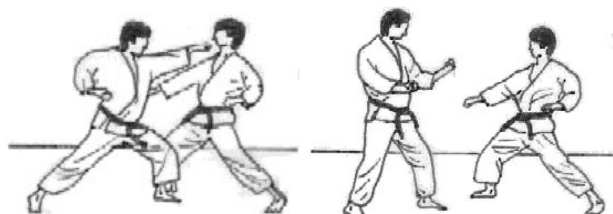


Jiyu Gamae

Chudan Mae Geri

Gedan Barai

Jiyu Dachi



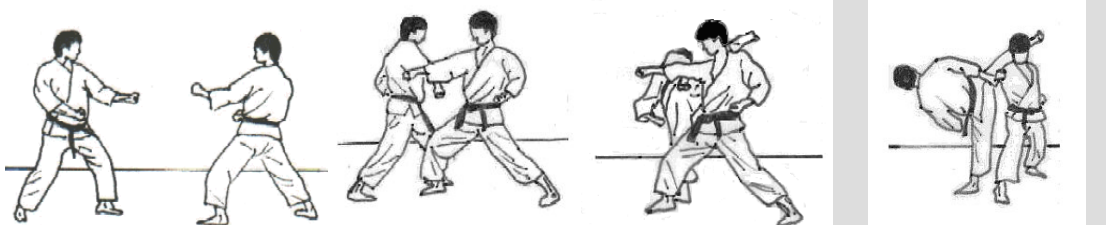
Jodan Kizami Zuki

Hikite Gamae

Chudan Oi Zuki #5

(Set 5)

Mid-Section Lunge Punch, High Back Round Kick (Hook Kick), Leg Sweep, Reverse Punch, withdraw both hands



Jiyu Gamae

Gedan Barai

Ushiro Mawashi Geri

Side View



Intermediate Move

Ashi Barai

Intermediate Move

Gyaku Zuki

Hikite Gamae

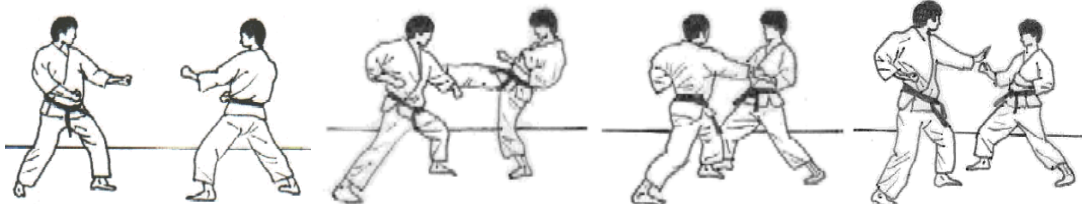
Jiyu Ippon Kumite

Attack: Mae Geri

Mae Geri #1

(Set 1)

Freestyle Stance, Low Block, Middle section Reverse Punch, Hand pulled back position



Jiyu Gamae

Gedan Barai

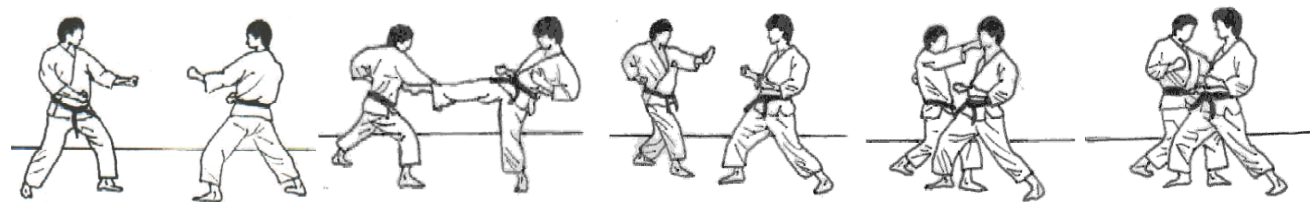
Chudan Gyaku
Zuki

Hikite Gamae

Mae Geri #2

(Set 2)

Freestyle Stance, Right Low Block, Left Reverse Vertical Knife Hand Strike, Right High Jabbing Punch, Pull back hand



Jiyu Gamae

Gedan Barai

Hikite

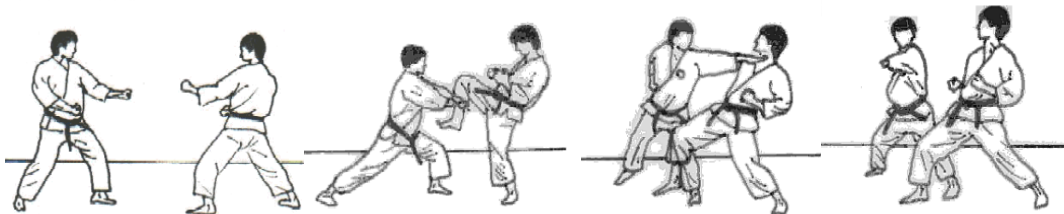
Jodan Jun
Zuki

Hikite Gamae

Mae Geri #3

(Set 3)

Low X Block, Side Knife Hand Strike (pulling opponent into counterattack), Withdraw both hands



Jiyu Gamae

Gedan Juji Uke

Yoko Shuto
Uchi

Hikite Gamae

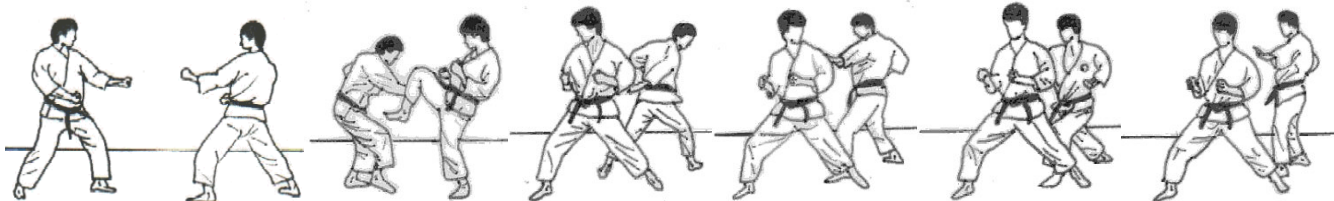
Jiyu Ippon Kumite

Attack: Mae Geri (Cont.)

Mae Geri #4

(Set 4)

Right Low Pressing Sweeping Block, Left Mid-Section Vertical Knife Hand Strike, Right Mid Reverse Punch, withdraw both hands



Jiyu Gamae

Gedan Osae
Nagashi Uke

Nagashi Uke

Chudan Tate
Shuto

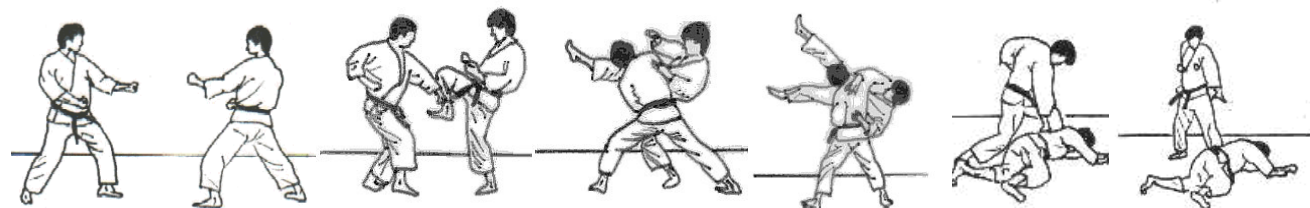
Gyaku Zuki

Hikite Gamae

Mae Geri #5

(Set 5)

Left Mid Scooping Block with Fist, Right Leg Sweep, withdraw both hands



Jiyu Gamae

Gedan Barai

Ashi Barai

Intermediate
Move

Gyaku Zuki

Hikite Gamae

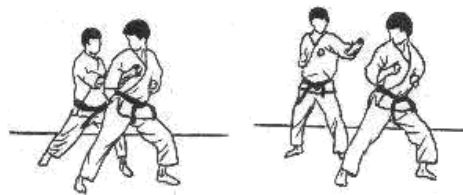
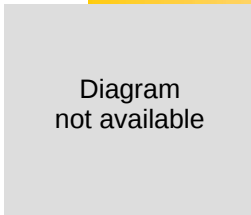
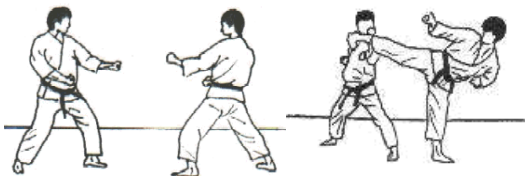
Jiyu Ippon Kumite

Attack: Yoko Geri Kekomi

Yoko Geri Kekomi #1

(Set 3)

Mid Outside Forearm Block, Mid Front Leg Round House Kick, Right Mid Reverse Punch, Withdraw hands



Jiyu Gamae

Soto Ude Uke

Kizami Mawashi Geri

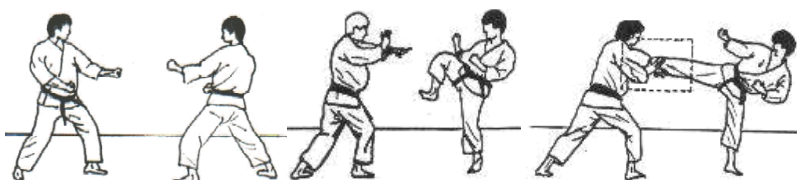
Chudan Gyaku Zuki

Hikite Gamae

Yoko Geri Kekomi #2

(Set 4)

Combined Cross Block, High Front Hand Vertical Punch, withdraw both hands



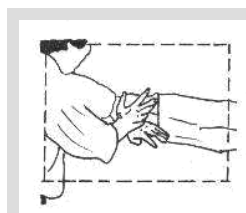
Jiyu Gamae

Intermediate motion

Awase Seiryuto Uke

Jodan Tate Zuki

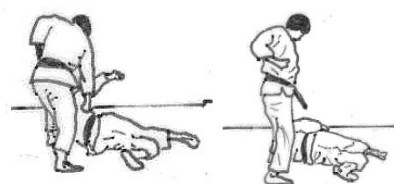
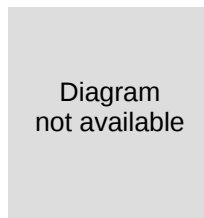
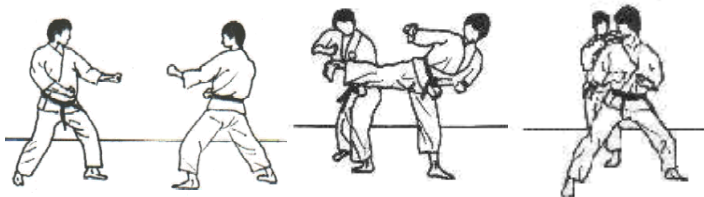
Hikite Gamae



Close up View

Yoko Geri Kekomi #3

(Set 5)



Jiyu Gamae

Haiwan Uke

Jodan Gyaku Zuki

Pull Down

Gyaku Zuki

Hikite Gamae



Side View

Mid-Section Reverse Hooking Block, Mid Reverse Punch, pull down, Vertical Knife Hand Strike, Left Reverse Punch, Withdraw both hands

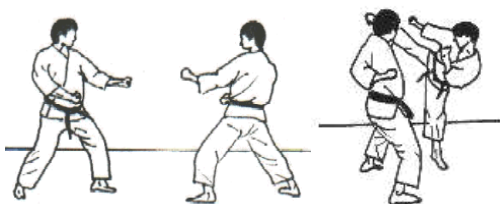
Jiyu Ippon Kumite

Attack: Mawashi Geri

Mawashi Geri #1

(Set 3)

High two arm block, Mid Reverse punch, Withdraw both hands



Jiyu Gamae

Chudan
Haiwan Uke



Side View



Chudan



Side View

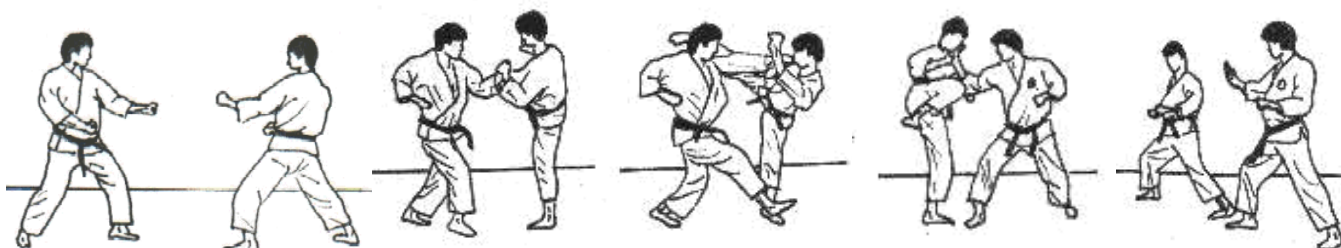


Hikite
Gamae

Mawashi Geri #2

(Set 4)

High front hand reverse punch, Front Hand High Knife Hand Strike, withdraw both hands



Jiyu Gamae

Intermediate
Move

Jodan Kizami
Gyaku Zuki

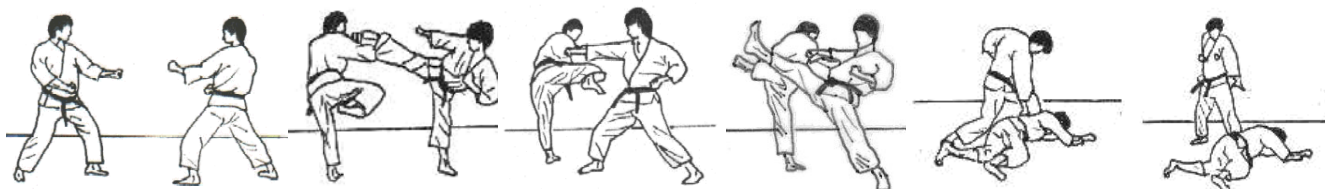
Migi Jodan
Shuto Uchi

Hikite Gamae

Mawashi Geri #3

(Set 5)

Right High Outside Block, Right Front Leg Round Kick (Mid), Right Leg Sweep, Right Rev Punch



Jiyu Gamae

Jodan Soto
Ude Uke

Kizami
Mawashi Geri

Ashi Barai

Gyaku Zuki

Hikite Gamae

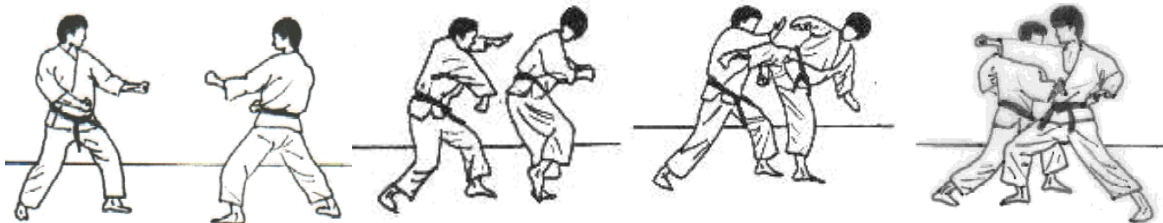
Jiyu Ippon Kumite

Attack: Ushiro Geri

Ushiro Geri #1

(Set 3)

Low Block 90°, Mid Reverse Punch, Withdraw both hands

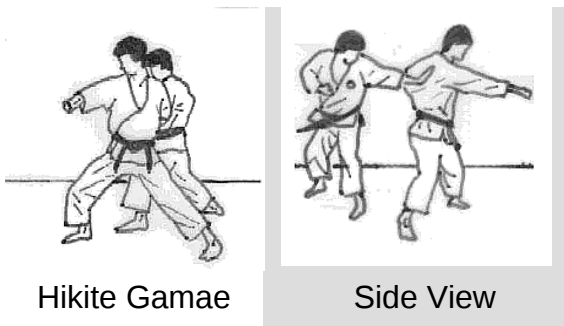


Jiyu Gamae

Intermediate Move

Gedan Barai

Chudan Gyaku Zuki



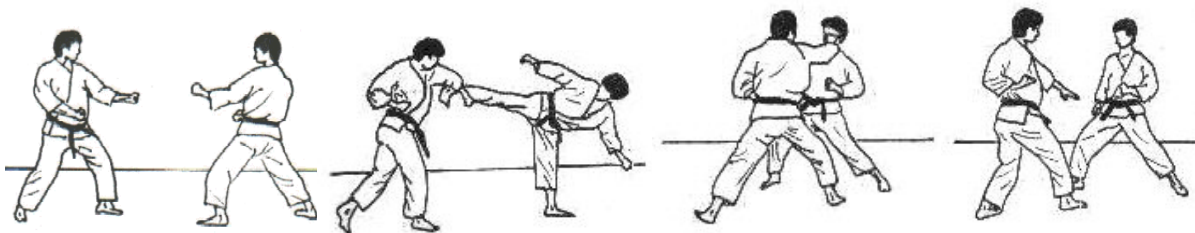
Hikite Gamae

Side View

Ushiro Geri #2

(Set 4)

Mid-Section Reverse Scooping Block, High Front Hand Punch, Withdraw both hands



Jiyu Gamae

Gyaku Sukui Uke

Jodan Gyaku Zuki

Hikite Gamae

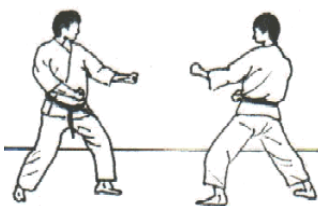
Jiyu Ippon Kumite

Attack: Ushiro Geri (Cont.)

Ushiro Geri #3

(Set 5)

Right Reverse Scooping Block, Left Leg Sweep, Right Reverse Punch, Withdraw hands



Jiyu Gamae



Gedan Sukui Uke



Gyaku Ude Uke



Side View



Gyaku Zuki



Hikite Gamae

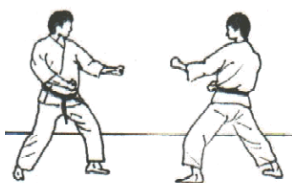
Jiyu Ippon Kumite

Attack: Jodan Kizami Zuki

Jodan Kizami Zuki #1

(Set 3)

Advanced students translate:



Jiyu Gamae



Jodan Uraken Uchi



Side View



Chudan Gyaku Zuki



Side View

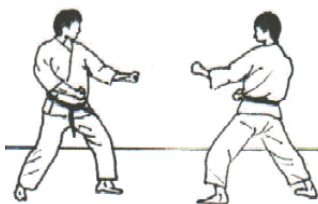


Hikite Gamae

Jodan Kizami Zuki #2

(Set 4)

Advanced students translate:



Jiyu Gamae



Jodan Hirate Harai Uke Dojo Ashi Barai



Chudan Ura Zuki

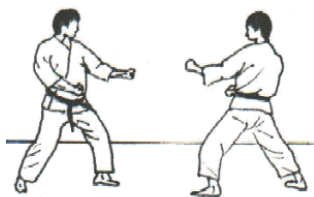


Hikite Gamae

Jodan Kizami Zuki #3

(Set 5)

Advanced students translate:



Jiyu Gamae



Intermediate Move



Haiwan Nagashi Uke Doji Uraken Uchi



Side View



Hikite Gamae

Jiyu Ippon Kumite

Attack: Chudan Gyaku Zuki

Chudan Gyaku Zuki #1

Advanced students translate:



Jiyu Gamae

Jodan Kizami
Zuki

Kamae

Chudan Gyaku
Zuki

Hikite Gamae

Chudan Gyaku Zuki #2

Advanced students translate:



Jiyu Gamae

1. Gedan
Barai Doji
Chudan
Mawashi
Geri

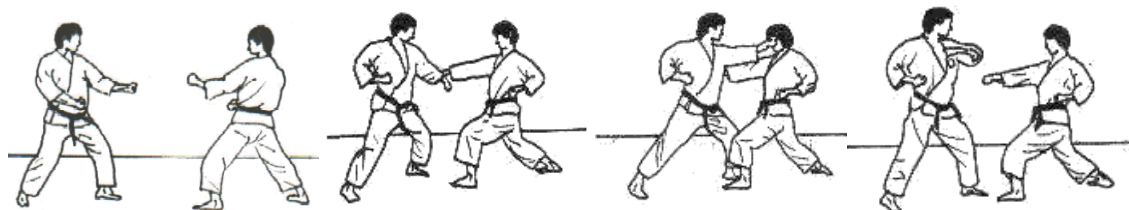
2. Heiko
Ushiro
Shutol Uchi

3. Hikite

3. Zanshin Gamae

Chudan Gyaku Zuki #3

Advanced students translate:



Jiyu Gamae

1. Gedan Barai

2. Jodan Uraken
3. Hikite Gamae
Uchi