

KIHON KUMITE



Formal notes.

Kihons are performed in a formal manner. They start with opponents facing each other in musubi dachi and bowing. The attacker will then move forward into left or right fighting stance and the defender will always step back into right fighting stance.

Both the attacker and defender will shuffle or creep forward or backwards to obtain the correct distance, this is known as ma-ai.

The kihon will now begin

After the last technique both attacker and defender will step back into fighting stance then into musubi dachi and bow the Kihon is now formally finished.

Kihon No 1.

Starting Stance: Attacker right, Defender right.

Attacker From right stance: Make front leaning punch to the head.

Defender From right stance: Pulls body back at 45 degrees left to avoid the punch while making high fore arm / elbow outer block to protect the head while parrying the punch, left arm is across the chest to protect it.

Attacker Steps right foot across to open the stance and makes reverse punch to the body.

Defender Left foot slides forward and outward and twisting into right tate-seishan stance, whilst turning the body to avoid punch, making right lower block and the same time left arm makes a one knuckle punch to the body.

Kihon No 2.

Starting Stance: Attacker right, Defender right.

Attacker From right stance: Make front leaning punch to the head.

Defender Right stance same first move as in Kihon one

Attacker Steps up and makes side kick to the body.

Defender Pulls body back and to the side into left reverse cat stance while right arm performs a lower block to parry the kick, right foot slides in behind attackers right leg, twist body into reverse leaning punch stance while striking with right inner hand to the upper right ribs, and left palm / blade hand strike to the right kidney.

Kihon No 3.

Starting Stance: Attacker right, Defender right.

Attacker From right stance: Make front leaning punch to the head.

Defender Right stance same first move as in Kihon one.

Attacker Draws back left leg for correct distance to deliver left front kick to the body.

Defender Slides right foot forward towards attackers right foot while entering with the body (nagashi), at the same time use right hand one knuckle strike up to the solar-plexus, while using left fist to 'protect' the body from attacker's kicking leg and striking one knuckle the inner thigh.

Kihon No 4.

Starting Stance: Attacker left, Defender right.

- Attacker From left stance: Make front leaning punch to the head.
Defender Right stance same first move as in Kihon one.
Attacker Open stance and make right reverse punch to the head.
Defender Draw back into cat stance while parrying punch with left open hand, slide towards the opponent into right tate-seishan stance with left palm pressed on attackers right punching arm to control it, while striking one knuckle to the middle/upper ribs under attackers arm.

Kihon No 5.

Starting Stance: Attacker left, Defender right.

- Attacker From left stance: Make front leaning punch to the head.
Defender Right stance same first move as in Kihon one.
Attacker Make gyakuzuki-chudan.
Defender draw back into cat stance while blocking down with back fist to the arm, left hand grabs attackers right fist while sliding into right tate seishan stance striking right one knuckle punch under the nose, slide into right horse stance while delivering right elbow strike to the body, Step right leg outside of attackers left leg and push their right hand in the same direction and turn upwards (this starts to turn their body), place your right hand over their right hand in Kotegaeshi reversed wrist grip, using an anti clockwise circular motion with your back leg turn and complete the throw. As the attacker lands ensure right foot is placed under attackers right shoulder-blade, apply downward and extending pressure to the arm so that it is next to their head, place right knee above attackers elbow joint, release your right hand and make a hand strike to the face / head.

Kihon No 6.

Starting Stance: Attacker left, Defender right.

- Attacker From left stance: Make front leaning punch to the head.
Defender Right stance same first move as in Kihon one.
Attacker Steps up and makes roundhouse kick to the body.
Defender Pulls body back and to the side into left reverse cat stance while right arm performs a lower block to parry's the kick
Attacker Makes reverse punch to the head.
Defender Step out with right leg then rotate the body 180° by bringing the left leg around clockwise into tate seishan stance, at the same time use a right over hand to cover and parry the punch slightly downwards and the left hand to make one knuckle fist strike to the body / rib area.

Kihon No 7.

Starting Stance: Attacker left, Defender right.

- Attacker From left stance: Make front leaning punch to the head.
Defender Right stance same first move as in Kihon one.
Attacker Left foot draws back for to open the stance and correct distance to deliver right front kick to the body.
Defender Move right leg forward and make nagashi while delivering right palm heel or blade hand strike to the attackers left side of the neck (see safety note below), at the same time the left arm makes lower block to parry and cover the kick.

(Safety Note : for practice you can strike to left shoulder area as this is far safer than a neck blow).

Kihon No 8.

Starting Stance: Attacker right, Defender right.

Attacker From right stance: Make front snap punch to the body.
Defender From right stance, move slightly off line to the right and make right inner block.
Attacker Open stance and make left reverse punch to the head
Defender While twisting the body further backwards use a upper elbow block to parry the punch upwards. Then slide forward into horse stance while striking with a right one knuckle fist to the attackers groin or inner thigh whilst covering his right hand with your left, slide in further and make a reinforced right elbow strike to the body. Twist body to face attacker and cover and press on attackers wrist and forearm with both hands, while right knee presses against the inside of attackers leading leg, release when attacker becomes unbalanced.

Kihon No 9.

Starting Stance: Attacker right, Defender right.

Attacker From right stance: Make front snap punch to the body.
Defender From right stance, move slightly off line to the right and make right inner block.
Attacker Open stance and make right reverse punch to the head.
Defender Left foot slides forward and outward into right-tate-seishan-stance while delivering left one knuckle fist to attackers head /neck whilst deflecting punching arm with right over hand block.

Kihon No 10.

Starting Stance: Attacker right, Defender right.

Attacker From right stance: Make front snap punch to the head.
Defender From right stance, move off line to the right, make right open hand inner block.
Attacker Open stance and make right reverse punch to the head.
Defender Move off line to the left and strike the punching upper arm muscle with a open hand block. Enters further into the attacker using an elbow strike to the chest area, while using the left hand to press against the attackers right wrist at the same time. Draw left arm back while grabbing attackers sleeve, at the shoulder/arm area, with right reverse hand grip, strike with left open hand to attackers groin, Step with left leg under your own right arm while keeping your right grip on, press your hips into the attackers and keep close to them. (Note extend your arm upwards to stretch the attacker allowing you to pass under, do not bend your back to go through). As you move through grab the attackers left leg, and throw them over your right hip by using a forward lifting and then dropping motion manoeuvre - releasing grasp on attackers leg as his weight shifts forwards, pull down with right hand to create throw whilst drawing back and down into left kneeling stance.