



## OHYO GUMITE

Ohyo Gumite are prearranged semi-free sparring / fighting techniques. The principle of Ohyo-gumite is to enable the student to develop individual timing as if free-fighting, as apposed to coordinated set timing found in Kihon-gumite. The start and finish sequence are similar to kihon gummite where both attacker and defender will formally face each other in their relevant stance. Prior to the start both attacker and defender will shuffle or creep forward or backwards to obtain the correct distance, known as ma-ai.

### Ohyo 1. Ipponme

Starting Stance: Attacker left, Defender left.

Attacker Left stance, Step forward with front punch to head then reverse punch to body.  
Defender Left stance, Step back into right stance make right inner hand block.  
Attacker Left foot sweep, left hand cover while making right reverse punch to the body.

### Ohyo 2. Nihonme

Starting stance: Attacker right, Defender left.

Attacker Right stance, Right leg slides forward with left reverse punch to the head.  
Defender Left stance, Draw back into long cat stance with left inner hand block.  
Attacker Half step foot sweep off front leg, cover with right hand and make left reverse punch to the body.

### Ohyo 3. Sanbonme

Starting stance: Attacker left, Defender right.

Attacker Left stance, Step forward make front punch to head then reverse punch to body.  
Defender Step back into left fighting stance, make front inner block then front lower block. Counter by sliding forward with a left leaning lunge punch to the head.  
Attacker slide forward and twist into right horse stance (lowering your stance avoids the oncoming punch from opponent), extend your right arm across defenders chest and right shoulder, place your left hand behind the defenders left knee, turn your body to the right and perform a take down over right knee, finish with a back fist to head.

### Ohyo 4. Yonhonme

Starting stance: Attacker right, Defender right.

Attacker Right stance, Step forward and slightly to the left (left foot forward) make reverse back fist strike to the side of the head.  
Defender Right stance, Draw back into cat stance whilst blocking with right forearm to cover side of head (as in Kihons)  
Attacker Cover defenders right shoulder with left hand and make right reverse punch to the body. Reach right hand behind defenders head and grab their left shoulder, pull them around and downwards and onto a right knee strike to the upper body, then make a right downward elbow strike to upper back/neck area. (use control as this is a dangerous strike)

### **Ohyo 5. Gohonme**

Starting stance: Attacker left, Defender left.

- Attacker Left stance, Step forward into right stance and make left reverse punch to the body.
- Defender Left stance, Step back with right inner block to the body.
- Attacker Make one step front kick to the body.
- Defender Step back with left inner open-hand deflecting the kick, Make right ridge-hand strike to the 'floating-ribs' followed by a right back-fist strike to the head, left hand grabs attackers right shoulder. Move into horse stance slightly to the attackers right side. Make a right hand strike to the back of attackers right knee whilst dropping down onto your own right knee pulling the attacker to the ground, follow with a sword hand strike to the head.

### **Ohyo 6. Ropponme**

Starting stance: Attacker left, Defender left.

- Attacker Left stance, One step front kick to the body.
- Defender Left stance, step back into right fighting stance.
- Attacker Left leg slides forward with right reverse punch to the head.
- Defender Draw back into long cat stance while blocking with right inner arm block.
- Attacker Use front foot to make a distracting light sweep to the front leg, Then quickly switch to a right roundhouse kick to the body.

### **Ohyo 7. Nanahonme**

Starting stance: Attacker left, Defender left.

- Attacker Left stance, Slide forward left snap punch to head.
- Defender Left stance, Slide back and make right inner open-hand block.
- Attacker Slide forward again with left snap punch to head.
- Defender Slide back and make second right inner open-hand block, then make right front kick to the body.
- Attacker Use left hand to parry kick through, place left hand on defenders right shoulder while making right reverse punch to the body, swap left hand with right hand on defenders right shoulder whilst slightly moving behind and across to the left. Place right inner foot behind defenders right knee while pulling defenders shoulder to the right taking him to the ground, follow with left reverse punch to the head.

### **Ohyo 8. Naponme**

Starting stance: Attacker right, Defender left.

- Attacker Right stance, One step front foot sweep off right foot.
- Defender Step back into right fighting stance.
- Attacker Step forward and make foot sweep off left leg.
- Defender Step back into left fighting stance
- Attacker Step down wide and turn to make back kick to the body, continue to turn to front making right outer block while performing left reverse punch to the body.