

# **Colchester Shotokan Karate Club**

**Kihon Ippon-Kumite**

## **Kihon Ippon-Kumite (basic one step kumite)**

Kihon Ippon-Kumite (basic one step kumite) is a training method designed to help master a range of basic technical skills, such as: body shifting, proper stances, distance, focus, patience, spirit, etc.

For more advanced karateka this training method also develops zanshin (a state of physical and mental preparedness) and the ability to "read" an opponent's breathing and movement to attack or in the case of the defender anticipate the attack.

The attacker whilst in the ready position it is of great importance that the ability to "read" an opponent's breathing to locate an opportunity to attack, and then to swiftly take advantage of it, is developed.

The defender must maintain a level of spirit greater than that of the attacker, exercise patience while waiting for the attacker's strike. As the attacker begins the defender must simultaneously move in the correct direction whilst effectively blocking and assuming a proper stance, and then swiftly delivering an effective counter at the correct distance.

After delivering the final counter strike, the defender should maintain the completed position for two to three seconds. This serves to train and develop the muscles used when performing the technique.

The counter attack should not finish on a snap technique (e.g. back-fist) or a kick (unless the attacker has been swept to the floor).

## Jodan Ippon

Attacker starts from Hidari Gedan Bari, defender starts from Heiko Dachi.

Attacker must KAI when attacking, defender must KAI on the final counter.

When the attacker performs left side attacks, the defender will mirror the defense and counters below.

### Jodan #1

Defender steps back with left leg at 45° (right front stance) and performs a right side rising block.

Defender counters with reverse punch, straight punch to the attackers floating rib.

### Jodan #2

Defender steps back with left leg at 45° (right front stance) and performs a right side rising knife hand block.

Defender counters with right side roundhouse kick to the defenders sternum, followed by a reverse punch to the floating rib.

Alternative:

Defender steps back with right leg at 45° (left front stance facing right) and performs a reverse (right) side rising knife hand block.

Defender pulls the left foot back (Heisoku dachi) counters with right side roundhouse kick to the defenders sternum, followed by a reverse punch to the floating rib.

# Jodan Ippon

## Jodan #3

Defender steps back with left leg at 45° and draws the right foot to the left (Heisoku dachi) and performs a right side vertical knife-hand block.

Defender counters with a right, side thrust kick to the ribs, followed by a reverse punch to the floating rib.

## Jodan #4

Defender steps back with the left foot into right side back stance and performs a high level back arm block.

Defender counters with a front (right) leg front kick, followed by reverse side close punch (Ura Zuki).

## Jodan #5

Defender steps back and round with the left foot to face 45° to the left and performs a right side high level outside block.

Defender counters by grabbing the attackers wrist with his left hand and sliding into side stance to deliver a side elbow strike.

# Jodan Ippon

## Jodan #6

Defender steps back with the left leg and draws the right foot back into cat stance while performing a high level 'X' block.

Defender grasps the attackers right wrist with his left hand and steps forward into side stance whilst countering with a hammer fist strike to the attackers right side ribs followed by a left side hooking punch.

## Jodan #7

Defender drops and steps forward into a low left rooted stance and performs a rising block.

Defender counters with a reverse side (right) close punch to the attackers stomach whilst driving up into a normal height front stance.

## Jodan #8

Defender steps back with the right leg into a left front stance and performs a left high level back hand block.

Defender grasps the attackers right wrist with his left hand and pulls the left foot back to the right foot (Heisoku dachi) and performs a right side front kick followed by a high level round-house elbow strike to the attackers head.

Alternative counter if the attacker bends forward in response to the kick:

Defender grasps the attackers right wrist with his left hand and pulls the left foot back to the right foot (Heisoku dachi) and performs a right side front kick followed by a dropping elbow strike to the back of the attackers neck.

# Jodan Ippon

Notes:

## Chudan Ippon

Attacker starts from Hidari Gedan Bari, defender starts from Heiko Dachi.

Attacker must KAI when attacking, defender must KAI on the final counter.

When the attacker performs left side attacks, the defender will mirror the defense and counters below.

### Chudan #1

Defender steps back with left leg at 45° (right front stance) and performs a right side lower block.

Defender counters with reverse punch followed by a straight punch to the attackers floating rib.

### Chudan #2

Defender steps back with left leg at 45° (right front stance) and performs a right side inside block.

Defender counters with right side snap punch to the defenders chin, followed by a reverse punch to the floating rib.

Alternative:

Defender steps back with right leg at 45° (left front stance facing left) and performs a left side insided block.

Defender counters with left side palm heel strike to the defenders chin, followed by a reverse punch to the floating rib.

# Chudan Ippon

## Chudan #3

Defender steps back with left leg at 45° into a right side back stance and performs a right side knife-hand block.

Defender counters with a right side snap kick to the ribs, followed by a reverse punch to the side of the chin.

## Chudan #4

Defender steps back with the right foot into left side back stance and performs a mid level back arm block.

Defender grasps the attackers sleeve and counters with a right leg crescent kick, followed by a right-side round-house elbow strike to the head.

## Chudan #5

Defender steps back and to the side with the left foot to face 90° to the right and performs a right side mid level inside block.

Defender counters by grabbing the attackers wrist with his right hand and steps up into (Heisoku dachi) to deliver a reverse side outside block to the attackers right elbow, followed by stepping out with the left foot into side stance and a right side hook punch into the attackers stomach.



# Chudan Ippon

## Chudan #6

Defender steps back with the left leg and draws the right foot back into cat stance while performing a mid level 'X' block.

Defender grasps the attackers right wrist with his left hand and steps forward into front stance whilst countering with a back fist strike to the attackers right side head followed by a left side close punch to the stomach.

## Chudan #7

Defender steps back with the left into a side stance and performs a right side elbow block.

Defender strikes the attackers face with a vertical back fist, and slides in with a left hook punch to the body.

## Chudan #8

Defender steps back with the right leg and draws the left leg back into a left "L" stance (Renoji dachi) and performs a left hand pressing block.

Defender grasps the attackers right wrist with his left hand and pulls the left foot back to the right foot (Heisoku dachi) and performs a right side front kick followed by stepping forward to strike (Ox-jaw hand) to the attackers right shoulder joint.

# Chudan Ippon

Notes:

## Mae Geri Ippon

Attacker starts from double *Gedan Bari*, defender starts from *Heiko Dachi*.

Attacker must KAI when attacking, defender must KAI on the final counter.

When the attacker performs left side attacks, the defender will mirror the defense and counters below.

### Mae Geri #1

Defender steps back with left leg at 45° (right front stance) and performs a right side lower block.

Defender counters with reverse punch followed by a straight punch to the attackers floating rib.

### Mae Geri #2

Defender steps back with Right leg at 45° (left front stance) and performs a left side lower block.

Defender counters with left side snap punch to the defenders chin, followed by a reverse punch to the floating rib.

Alternative:

Defender steps back with Right leg at 45° (left front stance) and performs a left side lower block.

Defender counters with left side back fist to the defenders left-side temple, followed by a reverse punch to the defenders chin.

# Mae Geri Ippon

## Mae Geri #3

Defender steps back with left leg at 45° into a right side back stance and performs a right side lower block.

Defender counters with a right side snap kick to the ribs, followed by a reverse punch to the side of the chin.

## Mae Geri #4

Defender steps back with the right foot into left side back stance and performs a lower block.

Defender counters with a left leg front kick, followed by a reverse side (right) round-house punch to the side of the attackers head.

## Mae Geri #5

Defender steps back and to the side with the left foot to face 90° to the right and performs a right side lower level block.

Defender counters by stepping up into (Heisoku dachi) to deliver a reverse side (left) round-house elbow strike the attackers head followed by a right side round-house elbow strike the attackers head.

# Mae Geri Ippon

## Mae Geri #6

Defender steps back with the right leg and draws the left foot back into cat stance while performing a lower level block.

Defender steps forward into left stance and grasps the attackers head with both hands, countering with a knee strike to the attackers head/chest whilst pulling the attacker forward followed by a right side dropping hammer fist to the back of the neck.

## Mae Geri #7

Defender steps forward at 45° into a left front stance and performs a reverse side (right) lower block to the rear.

Defender turns on the balls of both feet to face the attackers right side and counters with a reverse side (left) close punch to the attackers ribs followed by a pivot on the balls of both feet back to the original position with a reverse side (right) ridge hand strike to the face.

## Mae Geri #8

Defender steps back with the right leg and draws the left leg back into a left "L" stance (Renoji dachi) and performs a left hand lower block.

Defender pulls the left foot back to the right foot (Heisoku dachi) and performs a right side front kick followed by stepping forward to strike (Ox-jaw hand) to the attackers left side chin/neck.

# Mae Geri Ippon

Notes:

# Yoko Geri Ippon

Attacker starts from double *Gedan Bari*, defender starts from *Heiko Dachi*.

Attacker must KAI when attacking, defender must KAI on the final counter.

When the attacker performs left side attacks, the defender will mirror the defense and counters below.

## Yoko Geri #1

Defender steps back with left leg at 45° (right front stance) and performs a right side lower block.

Defender counters with reverse punch followed by a straight punch to the attackers right kidney.

## Yoko Geri #2

Defender steps back with Right leg (left front stance) and performs a double handed pressing block.

Defender counters with left side back fist to the defenders left temple, followed by a reverse punch to the floating rib.

Alternative:

Defender steps back with left leg (right front stance) and performs a double handed pressing block.

Defender counters with right side back fist to the defenders right-side temple, followed by a reverse punch to the defenders chin.

# Yoko Geri Ippon

## Yoko Geri #3

Defender steps back with left leg at 45° into a right side back stance and performs a right side lower block.

Defender counters with a right side snap kick to the ribs, followed by a reverse palm heel to the ribs.

## Yoko Geri #4

Defender steps back with the left foot at 45° into right side back stance and performs a lower block.

Defender counters by changing to side stance with a right side hammer fist to the back of the attackers head, followed by a change to front stance and a reverse punch to the side of the attackers head.

## Yoko Geri #5

Defender steps back and to the side with the left foot to face 90° to the right and performs a right side lower level block.

Defender counters with a snap kick through the attackers legs to the groin, stepping up into (Heisoku dachi) to deliver a right side round-house elbow strike the side of the attackers head.



# Yoko Geri Ippon

## Yoko Geri #6

Defender steps back with the left leg and draws the right foot back into cat stance while performing a lower level "X" block.

Defender counters with a right round-house kick to the head (Face)/stomach, stepping down into side stance facing the attacker with a front elbow to the chest/sternum.

## Yoko Geri #7

Defender steps back at 45° into a left rooted stance and performs a mid level back arm block.

Defender counters with an upper level reverse ridge-hand strike to the attackers face in front stance followed by a straight punch to the side of the face.

## Yoko Geri #8

Defender steps out at 90° into a left front stance and performs a mid level ushiro block.

Defender pulls the right foot back to the left foot (Heisoku dachi) and performs a right side cutting kick to the side attackers right knee, stepping down into right front stance deliver a reverse side (left) palm heel strike to the side of the attackers head.

# Yoko Geri Ippon

Notes:

# Mawashi Geri Ippon

Attacker starts from double *Gedan Bari*, defender starts from *Heiko Dachi*.

Attacker must KAI when attacking, defender must KAI on the final counter.

When the attacker performs left side attacks, the defender will mirror the defense and counters below.

## Mawashi Geri #1

Defender steps back with right leg at 45° (left front stance) and performs a left side lower block and a right side upper level outside block.

Defender counters with reverse punch to the body followed by a straight punch to the head.

## Mawashi Geri #2

Defender steps forward with Right leg into side stance and performs a double vertical knife hand block to the attackers thigh.

Defender counters with right side augmented side elbow strike.

## Mawashi Geri #3

Defender steps forward with Right leg into side stance and performs a left inside block to the attackers thigh.

Defender counters with right side back fist to the defenders right-side temple, followed by a reverse punch to the defenders chin.

# Mawashi Geri Ippon

## Mawashi Geri #4

Defender steps back with left leg into a right side cat stance and performs a right side circular block (high to low, anti-clockwise).

Defender counters with a right side snap kick to the ribs, followed by a reverse palm heel to the ribs.

## Mawashi Geri #5

Defender steps back with left leg into a right side cat stance and performs a right back arm block (low to high, clockwise) .

Defender counters by changing to side stance with a right side hammer fist to the back of the attackers head, followed by a change to front stance and a reverse punch to the attackers body.

## Mawashi Geri #6

Defender steps back with right leg at 45° (left front stance) and performs a left side lower block and a right side upper level outside block catching the attackers leg.

Defender counters by sweeping the attackers standing leg followed by a dropping heel kick and a reverse punch.

***Note: This should only be done if the attackers weight can be supported.***

# Mawashi Geri Ippon

## Mawashi Geri #7

Defender steps back with the left leg 135° into a right side back stance whilst performing a upper level outside block.

Defender counters with a right mid level right snap front kick, stepping down into right front stance reverse punch followed by a straight punch.

## Mawashi Geri #8

Defender drops under the attackers kick whilst performing a right side circular block (low to high, clockwise).

Defender counters with a right mid level front elbow strike, followed by a left round-house elbow strike to the attackers head.

# Mawashi Geri Ippon

Notes:

## Ushiro Geri Ippon

Attacker starts from double *Gedan Bari*, defender starts from *Heiko Dachi*.

Attacker must KAI when attacking, defender must KAI on the final counter.

When the attacker performs left side attacks, the defender will mirror the defense and counters below.

### Ushiro Geri #1

Defender steps back with left leg at 45° (right front stance) and performs a right side lower block.

Defender counters with reverse punch to the body followed by a straight punch to the head.

### Ushiro Geri #2

Defender steps forward with left leg into side stance (side of attacker) and performs a double horizontal knife hand block to the attackers thigh.

Defender counters with left side hammer fist strike to the attacker head followed by a right side hook punch to the body.

### Ushiro Geri #3

Defender steps forward with left leg into front stance (side of attacker) and performs a right lower block to the rear.

Defender turns on the balls of both feet to face the attacker and counters with a reverse side (left) close punch to the attackers ribs followed by a pivot on the balls of both feet back to the original position with a reverse side (right) ridge hand strike to the face.

# Ushiro Geri Ippon

## Ushiro Geri #4

Defender steps back with the right leg 135° into a left rooted stance and performs a mid level back arm block.

Defender counters with a left side snap kick to the groin, followed by a reverse palm heel to the ribs.

## Ushiro Geri #5

Defender steps forward with left leg into front stance (side of attacker) and catches the attackers kicking leg with his right arm.

Defender counters by sweeping the attackers standing leg followed by a reverse punch to the attackers body.

*Note: This should only be done if the attackers weight can be supported.*

## Ushiro Geri #6

Defender steps back with the right leg 135° into a left rooted stance and performs a mid level back arm block.

Defender counters by stepping up and grabbing the attackers collar pulling down & back whilst returning into rooted stance, followed by a stamping kick when the attacker is on the floor.



## Ushiro Geri Ippon

### Ushiro Geri #7

Defender steps back with the right leg 45° into a left side back stance whilst performing a mid level sweeping block.

Defender counters with a left mid level snap front kick, stepping down into left front stance reverse punch followed by a straight punch.

### Ushiro Geri #8

Defender steps back with the right leg and draws the left foot back into cat stance while performing a lower level "X" block.

Defender steps forward into left front stance & counters with a left back fist strike to the side of the attackers head, followed by a right (reverse) close punch to the base of the spine or right/left kidney.

# Ushiro Geri Ippon

Notes: