

OKIKUKAI YAKUSOKU KUMITE (FIRST / KYU LEVEL)

A = Attacker, D = Defender, **R** = Right, **L** = Left, *italicized words* = location

Note: Attacker always starts in **L** Sanchin stance except for Sequence #s 3, 5 & 9; Defender always starts in **L** Sanchin.

Sequence	ATTACKER	DEFENDER
1	Step through into R Sanchin stance & strike with R <i>middle</i> punch (Seiken-Zuki). Extend!	Step back, with a slight offset to the L , into R Sanchin stance. Defend with R <i>outside</i> circle block (Wauke). Finish with R leg toe kick (Shomen-Geri / Sokusen) to A's <i>lower R</i> ribs / obliques.
2	Step through into R Sanchin stance & strike with R <i>middle</i> punch (Seiken-Zuki). Extend!	Step back, with a slight offset to the L , into R Sanchin. Defend with R <i>outside</i> circle block (Wauke). Finish the block!
	Step through into L Sanchin stance & strike with L <i>middle</i> punch (Seiken-Zuki).	Step back into L Sanchin. Defend with L <i>outside</i> circle block (Wauke). Finish with R reverse Seiken-Zuki to A's L <i>lower</i> ribs.
3	From R Sanchin stance, step through into L Sanchin & strike with L <i>middle</i> punch (Seiken-Zuki).	Step back into R Sanchin. Defend with R palm heel block / parry (Nagashi-Uke).
	Step through into R Sanchin stance & strike with R <i>middle</i> punch (Seiken-Zuki). Extend!	Shuffle or slide diagonally staying in R Sanchin to R of A (keep rear heel and hips turned towards opponent). Defend with R <i>outside</i> circle block (Wauke). Finish with R leg toe kick (Shomen-Geri / Sokusen) to A's <i>lower R</i> ribs.
4	Step through into R Sanchin stance & strike with R <i>middle</i> punch (Seiken-Zuki). Extend!	Step back into R Sanchin stance. Defend with R <i>outside</i> circle block (Wauke). Finish the block!
	Step through into L Sanchin stance & strike with L <i>middle</i> punch (Seiken-Zuki).	Step back into L Sanchin stance. Defend with L <i>outside</i> circle block (Wauke). Finish the block!
	Staying in L Sanchin stance, kick L <i>leading</i> side snap kick (Sokuto-Geri) to A's lower ribs. Make contact!	Defend with L Seiken-fist down-block (Gedan-Berai Uke) with sufficient force to knock A's L leg back to ground & spin A around. Do not wind up & keep fist closed! Follow through by stepping forward with L foot & grab A's R shoulder with L hand, pulling A off-balance. To control A, place L elbow against back so that A cannot spin. Finish with R

		reverse Seiken-Zuki to <i>back</i> of A's skull (hold this punch).
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5	From R Sanchin stance, step through into L Sanchin & strike with L <i>middle</i> punch (Seiken-Zuki).	Step back into R Sanchin stance. Defend with R <i>inside</i> circle block (Wauke). Finish the block!
	Kick R <i>reverse</i> front snap kick (Shomen Geri / Sokusen) to <i>middle</i> area. Land in R Sanchin stance.	Step back into L Sanchin stance. Defend with L Seiken-fist down block (Gedan-Berai Uke). Do not wind up & keep fist closed!
	Shuffle forward (no step) & strike with R <i>middle</i> punch (Seiken-Zuki).	Defend with L <i>inside</i> circle block (Wauke). Immediately execute R <i>middle</i> Shoken-Zuki (preferred) or Seiken-Zuki to A's solar plexus (make light contact).
6	Kick R <i>high</i> roundhouse / crescent kick (Mawashi-Geri). Land in R Sanchin stance.	Step back into R Sanchin stance. Pivot L of center line towards kick & defend with Uechi x-block with L arm <i>high</i> & R arm <i>low</i> (Gedan-Uchi Uke).
	Strike with R <i>high</i> (toward opponent's jaw) Seiken-Zuki (no step).	Defend with L downward palm heel block / parry (Nagashi-Uke).
	Kick L <i>high</i> roundhouse / crescent kick (Mawashi-Geri). Land in L Sanchin stance.	Step back into L Sanchin stance. Pivot R of center line towards kick & defend with Uechi x-block with R arm <i>high</i> & L arm <i>low</i> (Gedan-Uchi Uke).
	Strike with L <i>middle</i> (toward opponent's chest) Seiken-Zuki (no step).	As you block previous kick, bring R hand down for palm heel block / parry (Nagashi-Uke). Chamber L hand & counter with fast L <i>high</i> punch (Seiken-Zuki) to A's face.
7	Step through into R Sanchin stance & strike with R <i>middle</i> punch (Seiken-Zuki).	Shuffle back staying in L Sanchin. Defend with L palm-heel block / parry (Nagashi-Uke).
	Step through into L Sanchin stance & strike with L <i>high</i> punch (Seiken-Zuki).	Shuffle back again staying in L Sanchin. Defend with R palm-heel block / parry (Nagashi-Uke).
		Kick R <i>middle</i> roundhouse / crescent kick (Mawashi-Geri). Land in R Sanchin stance.
	Step back into R Sanchin stance. Pivot L of center line towards kick & defend with Uechi x-block with L arm <i>high</i> & R arm <i>low</i> (Gedan-	Without stepping, throw R <i>high</i> punch (Seiken-Zuki). Extend!

	Uchi Uke).	
	With no step or shuffle, pivot R towards D. Defend with L <i>inside</i> circle block (Wauke). Finish the block!	
	With no step or shuffle, strike with R <i>middle</i> punch (Seiken-Zuki).	Step back into L Sanchin stance. Defend with L <i>inside</i> circle block (Wauke). Finish with R <i>reverse</i> front snap kick (Shomen-Geri / Sokusen) to <i>middle</i> area. Make contact!

8	Step through into R Sanchin stance & strike with R <i>middle</i> punch (Seiken-Zuki). Extend!	Shuffle back staying in L Sanchin stance. Defend with L <i>inside</i> circle block (Wauke). Step through into R Sanchin & with R hand, execute <i>high</i> chop (Shuto- Uchi) to A's neck.
	Step back into L Sanchin stance. Defend with L <i>high</i> forearm half-fist block (Hajiki-Uke). Complete defense by bringing D's arm down as in <i>inside</i> circle block.	
	Kick R <i>middle</i> roundhouse / crescent kick (Mawashi-Geri). Land in R Sanchin stance.	While in R Sanchin, pivot L of center line towards kick to defend with Uechi x-block with L arm <i>high</i> & R arm <i>low</i> (Gedan-Uchi Uke).
	With no step or shuffle, strike with L <i>high</i> punch (Seiken-Zuki).	Pivot R back to center line & defend with R <i>inside</i> circle block (Wauke). Finish with L palm-heel strike (Boshiken-Zuki) to A's face.
9	From R Sanchin, kick L <i>reverse</i> front snap kick (Shomen-Geri) to the <i>middle</i> area. Land in L Sanchin stance.	Step back into R Sanchin & defend with R Seiken-fist down block (Gedan-Berai Uke). Do not wind up & keep fist closed!
	Kick R roundhouse / crescent kick (Mawashi-Geri) to the <i>middle</i> area. Land in R Sanchin stance.	Staying in R Sanchin, pivot L of center line towards kick & defend with Uechi x-block with L arm <i>high</i> & R arm <i>low</i> (Gedan-Uchi Uke). Pivot back to the R & kick R roundhouse / crescent kick (Mawashi-Geri) to the <i>middle</i> area.
	Pivot L of center line towards kick & defend with Uechi x-block with L arm <i>high</i> & R arm <i>low</i> (Gedan -Uchi Uke).	Land in R Sanchin stance. Strike with <i>high</i> sliding R Seiken-Zuki.
	Step back into L Sanchin & defend with L <i>inside</i> circle block (Wauke). Follow up with R <i>reverse</i> front snap kick (Shomen-Geri) to the <i>middle</i> area. Be prepared for catch of R foot & throw of R leg to L side of body.	Drop L foot <i>back</i> & bring body into Uechi horse stance. Perform Shoken scoop with R hand to catch A's foot underneath ankle with foot resting on top of R wrist. Simultaneously bring L hand, with fingers up, in front of A's foot to protect mid-section. Once you have control, direct foot with a circular motion just to

		<p>the R of A's body (do not throw A's foot around such that A can take the momentum & follow through with a spinning technique). Follow through by stepping forward with L foot & grab A's R shoulder with L hand, pulling A off-balance. To control A, place L elbow against back so that A cannot spin. If necessary, to break balance, drive L foot into <i>back</i> of A's R knee. Finish with R Seiken-Zuki to <i>back</i> of A's skull (hold this punch).</p>
10	<p>Kick R <i>reverse</i> front snap kick (Shomen-Geri) to <i>middle</i> area. Pull toes back to prevent injury.</p>	<p>Lift leading L knee high (as in a Crane stance) with toes down for shin block. Bring L arm into Uechi kamae position to protect against possible middle or high attack. Step back into R Sanchin stance.</p>
	<p>Land in R Sanchin stance. Kick L roundhouse / crescent kick (Mawashi-Geri) to <i>middle</i> area.</p>	<p>Lift leading R knee high (as in a Crane stance) with toes down for shin block. Bring R arm into Uechi kamae position to protect against kick. Put foot behind L leg. Land in L Sanchin stance.</p>
	<p>Land in L Sanchin stance. While stepping through, strike with R <i>high</i> roundhouse punch (Mawashi – Zuki).</p>	<p>From L Sanchin stance, block A's roundhouse punch by "cutting" A's bicep with L Wauke or slam A's shoulder with R hand using an attacking palm heel stopping block while simultaneously using a "cutting" L Wauke against A's nerve bundle on lower arm. Step through, with R leg forward, into a Uechi horse stance & execute a rising R elbow strike (Hiji Zuki) to solar plexus, quickly followed by a R back fist strike (Uraken Zuki) to A's jaw / face. Then bring your R leg to the outside and behind A's R leg simultaneously bringing your R arm up to grab A's L shoulder (or if necessary A's L lapel or throat). Push with your R hand & sweep A's R leg with your R leg bringing A to the ground. While maintaining control of A's R arm, drop into a horse stance and execute a Shoken Zuki to A's ribs. <i>If</i> you have good control, pin A's R hip with your R knee while you control A's R arm by stretching the back of A's elbow against your L knee.</p> <p>If you are familiar with Judo or Aikido, you may execute a hip toss or outside reap (Osoto-Gari) and then perform the Shoken.</p>

Ensure both Attacker & Defender return to the “ready” position after each sequence & are “set” prior to beginning the subsequent sequence. Alternate Attacker & Defender after completing all 10 sequences & repeat.