

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

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

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

<b>8</b>	Step through into <b>R</b> Sanchin stance & strike with <b>R</b> <i>middle</i> punch (Seiken-Zuki). Extend!	Shuffle back staying in <b>L</b> Sanchin stance. Defend with <b>L</b> <i>inside</i> circle block (Wauke). Step through into <b>R</b> Sanchin & with <b>R</b> hand, execute <i>high</i> chop (Shuto- Uchi) to A's neck.
	Step back into <b>L</b> Sanchin stance. Defend with <b>L</b> <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 <b>R</b> <i>middle</i> roundhouse / crescent kick (Mawashi-Geri). Land in <b>R</b> Sanchin stance.	While in <b>R</b> Sanchin, pivot <b>L</b> of center line towards kick to defend with Uechi x-block with <b>L</b> arm <i>high</i> & <b>R</b> arm <i>low</i> (Gedan-Uchi Uke).
	With no step or shuffle, strike with <b>L</b> <i>high</i> punch (Seiken-Zuki).	Pivot <b>R</b> back to center line & defend with <b>R</b> <i>inside</i> circle block (Wauke). Finish with <b>L</b> palm-heel strike (Boshiken-Zuki) to A's face.
<b>9</b>	From <b>R</b> Sanchin, kick <b>L</b> <i>reverse</i> front snap kick (Shomen-Geri) to the <i>middle</i> area. Land in <b>L</b> Sanchin stance.	Step back into <b>R</b> Sanchin & defend with <b>R</b> Seiken-fist down block (Gedan-Berai Uke). Do not wind up & keep fist closed!
	Kick <b>R</b> roundhouse / crescent kick (Mawashi-Geri) to the <i>middle</i> area. Land in <b>R</b> Sanchin stance.	Staying in <b>R</b> Sanchin, pivot <b>L</b> of center line towards kick & defend with Uechi x-block with <b>L</b> arm <i>high</i> & <b>R</b> arm <i>low</i> (Gedan-Uchi Uke). Pivot back to the <b>R</b> & kick <b>R</b> roundhouse / crescent kick (Mawashi-Geri) to the <i>middle</i> area.
	Pivot <b>L</b> of center line towards kick & defend with Uechi x-block with <b>L</b> arm <i>high</i> & <b>R</b> arm <i>low</i> (Gedan -Uchi Uke).	Land in <b>R</b> Sanchin stance. Strike with <i>high</i> sliding <b>R</b> Seiken-Zuki.
	Step back into <b>L</b> Sanchin & defend with <b>L</b> <i>inside</i> circle block (Wauke). Follow up with <b>R</b> <i>reverse</i> front snap kick (Shomen-Geri) to the <i>middle</i> area. Be prepared for catch of <b>R</b> foot & throw of <b>R</b> leg to <b>L</b> side of body.	Drop <b>L</b> foot <i>back</i> & bring body into Uechi horse stance. Perform Shoken scoop with <b>R</b> hand to catch A's foot underneath ankle with foot resting on top of <b>R</b> wrist. Simultaneously bring <b>L</b> 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 <b>R</b> of A's body (do not throw A's foot around such that A can take the momentum &amp; follow through with a spinning technique). Follow through by stepping forward with <b>L</b> foot &amp; grab A's <b>R</b> shoulder with <b>L</b> hand, pulling A off-balance. To control A, place <b>L</b> elbow against back so that A cannot spin. If necessary, to break balance, drive <b>L</b> foot into <i>back</i> of A's <b>R</b> knee. Finish with <b>R</b> Seiken-Zuki to <i>back</i> of A's skull (hold this punch).</p>
<b>10</b>	<p>Kick <b>R</b> <i>reverse</i> front snap kick (Shomen-Geri) to <i>middle</i> area. Pull toes back to prevent injury.</p>	<p>Lift leading <b>L</b> knee high (as in a Crane stance) with toes down for shin block. Bring <b>L</b> arm into Uechi kamae position to protect against possible middle or high attack. Step back into <b>R</b> Sanchin stance.</p>
	<p>Land in <b>R</b> Sanchin stance. Kick <b>L</b> roundhouse / crescent kick (Mawashi-Geri) to <i>middle</i> area.</p>	<p>Lift leading <b>R</b> knee high (as in a Crane stance) with toes down for shin block. Bring <b>R</b> arm into Uechi kamae position to protect against kick. Put foot behind <b>L</b> leg. Land in <b>L</b> Sanchin stance.</p>
	<p>Land in <b>L</b> Sanchin stance. While stepping through, strike with <b>R</b> <i>high</i> roundhouse punch (Mawashi – Zuki).</p>	<p>From <b>L</b> Sanchin stance, block A's roundhouse punch by "cutting" A's bicep with <b>L</b> Wauke or slam A's shoulder with <b>R</b> hand using an attacking palm heel stopping block while simultaneously using a "cutting" <b>L</b> Wauke against A's nerve bundle on lower arm. Step through, with <b>R</b> leg forward, into a Uechi horse stance &amp; execute a rising <b>R</b> elbow strike (Hiji Zuki) to solar plexus, quickly followed by a <b>R</b> back fist strike (Uraken Zuki) to A's jaw / face. Then bring your <b>R</b> leg to the outside and behind A's <b>R</b> leg simultaneously bringing your <b>R</b> arm up to grab A's <b>L</b> shoulder (or if necessary A's <b>L</b> lapel or throat). Push with your <b>R</b> hand &amp; sweep A's <b>R</b> leg with your <b>R</b> leg bringing A to the ground. While maintaining control of A's <b>R</b> 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 <b>R</b> hip with your <b>R</b> knee while you control A's <b>R</b> arm by stretching the back of A's elbow against your <b>L</b> 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.