

KUMITE NO KATA

KUMITE NO KATA SONO ICHI (1)

This form combines mainly Oyama kicks performed in both directions in the fighting stance (*Kumite-No-Kamae*). It is a summary of a training period up to 5th kyu/ 4th kyu senior.

SCHEME

Fudo-Dachi-Dachi/Yoi

1. A 90° left turn to the left fighting stance with simultaneous strike *Migi-Seiken-Chudan-Uchi*, *Hidari-Seiken-Jodan-Uchi* and *Migi-Hiza-Geri-Chudan* (with a grapple) with KIAI. Switch to the right fighting stance.
2. A 180° turn to the right to the right fighting stance with simultaneous strike *Hidari-Seiken-Chudan-Uchi*, *Migi-Seiken-Jodan-Uchi* and *Hidari-Hiza-Geri-Chudan* with KIAI. Switch to the left fighting stance.
3. A 90° left turn with switch to the left fighting stance.
4. *Migi-Mae-Geri-Chudan* with a temporary switch to the right fighting stance.
5. *Hidari-Mawashi-Geri-Jodan*.
6. *Migi-Ushiro-Geri-Chudan* and *Hidari-Hiza-Geri-Chudan* (with a grapple) with KIAI. Switch to the left fighting stance.
7. A 180° turn right to the right combat stance.
8. *Hidari-Mae-Geri-Chudan* with a temporary switch to the left fighting stance.
9. *Migi-Mawashi-Geri-Jodan*.

10. *Hidari-Ushiro-Geri-Chudan and Migi-Hiza-Geri-Chudan (with a grapple) with KIAI.* Switch to the right fighting stance.

11. A 180° left turn to the left fighting stance.

12. Back left leg to the right leg and then to the side to *Fudo-Dachi*.

KUMITE NO KATA SONO NI (2)

This form combines mainly hand strikes in Oyama karate style, along with indirect kicks into three zones performed in both directions in fighting stance. It is a summary of the training period to 3rd kyu senior / 3rd kyu.

SCHEME

Fudo-Dachi-Dachi/Yoi

1. A 90° left turn with switch to the left fighting stance. *Migi-Seiken-Chudan-Uchi, Hidari-Furi-Uchi-Chudan, and Migi-Shita-Uchi-Chudan.*
2. The withdrawal of the left leg in *Migi-Ushiro-Geri-Chudan* and a 180° turn to the right to the fighting stance.
3. *Hidari-Seiken-Chudan-Uchi, Migi-Furi-Uchi-Chudan and Hidari-Shita-Uchi-Chudan.*
4. A 90° turn to the left with switch to the left fighting stance.
5. *Migi-Seiken-Chudan-Uchi Hidari-Furi-Uchi-Chudan and Migi-Mawashi-Geri-Gedan.* Switch to the right fighting stance.
6. *Hidari-Seiken-Chudan-Uchi Migi-Furi-Uchi-Chudan and Hidari-Hiza-Geri-Chudan,* Switch to the left fighting stance.

7. *Migi-Seiken-Chudan-Uchi*, *Hidari-Furi-Uchi-Chudan* and *Migi-Mawashi-Geri-Jodan* with KIAI. Switch to the right fighting stance.
8. A 180° turn to the right, with switch to the right fighting stance.
9. *Hidari-Seiken-Chudan-Uchi*, *Migi-Furi-Uchi-Chudan* and *Hidari-Mawashi-Geri-Gedan*. Switch to the left fighting stance.
10. *Migi-Seiken-Chudan-Uchi*, *Hidari-Furi-Uchi-Chudan* and *Migi-Hiza-Geri-Chudan*. Switch to the right fighting stance.
11. *Hidari-Seiken-Chudan-Uchi*, *Migi-Furi-Uchi-Chudan* and *Hidari-Mawashi-Geri-Jodan* with KIAI. Switch to the left fighting stance.
12. A 180° turn to the left with switch to the left fighting stance.
13. Back the left leg to the right leg and to the side to *Fudo-Dachi*.

KUMITE NO KATA SONO SAN (3)

This form combines different kinds of defence against kicks to *Gedan* area (low kick) along with counter attack, using, among others, advanced kicks performed in both directions in fighting stance. Kata summarizes the training period up to 1st kyu inclusive.

SCHEME

Fudo-Dachi /Yoi

1. A 90° turn to the left with switch to the left fighting stance.
2. *Hidari-Sune-Uke* (an outside block with a shin along with the left elbow lowered to the left knee, against *Migi-Mawashi-Geri-Gedan* attack), *Migi-Seiken-Chudan-Uchi* *Hidari-Mawashi-Geri-Gedan* (internal low kick), *Migi-Ushiro-Mawashi-Geri-Jodan* (after a full turn, leg returns back to the left fighting stance).
3. A 180° right turn with a switch to the right fighting stance.

4. *Migi-Sune-Uke* (an outside block with a shin along with the right elbow lowered to the right knee, against *Hidari-Mawashi-Geri-Gedan* attack), *Hidari-Seiken-Chudan-Uchi Migi-Mawashi-Geri-Gedan* (internal low kick), *Hidari-Ushiro-Mawashi-Geri-Jodan* (after a full turn left leg returns back to the right fighting stance).

5. A 90° turn to the left with a switch to the left fighting stance with IBUKI.

6. *Hidari-Mae-Geri-Chudan* (as a counter attack by a stopping attack), *Migi-Mawashi-Geri-Gedan*, *Hidari-Ushiro-Mawashi-Geri-Jodan*. Switch to the right fighting stance.

7. *Migi-Mae-Geri-Chudan* (as a counter attack by a stopping attack), *Hidari-Mawashi-Geri-Gedan*, *Migi-Ushiro-Mawashi-Geri-Jodan* with KIAI. Switch to the left fighting stance.

8. A 180° right turn to the right fighting stance with IBUKI.

9. The withdrawal of the right leg to the left fighting stance (as defence against *Hidari-Mawashi-Geri-Gedan*), *Migi-Uchi-Oroshi-Kakato-Geri*, Switch to the right fighting stance *Hidari-Seiken-Chudan-Uchi Migi Seiken-Chudan-Uchi Hidari-Hiza-Geri-Chudan* (with a head grapple). Switch to the left fighting stance.

10. The withdrawal of the left leg to the right fighting stance (as defence against *Mawashi-Geri-Gedan* attack), *Hidari-Uchi-Oroshi-Kakato-Geri*, Switch to the left fighting stance *Migi-Seiken-Chudan-Uchi*, *Hidari-Seiken-Chudan-Uchi*, *Migi-Jodan-Hiza-Tobi-Geri* (with a head grapple) with KIAI. Switch to the right fighting stance.

11. A 180° ° left turn with switch to the left fighting stance.

12. Back the left leg to the right leg and to the side to *Fudo-Dachi*.

* Or *Migi-Ushiro-Mawashi-Tobi-Geri-Jodan* with KIAI.