

# 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 5<sup>th</sup> kyu/ 4<sup>th</sup> 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 3<sup>rd</sup> kyu senior / 3<sup>rd</sup> 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 1<sup>st</sup> 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*.

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