

**Nihon Goshin Karate Do**

# **Dewey's Martial Arts Academy**

**A Dojo for the Whole Family**

## **Seido Yokusoku Kumite 1**

**Blue Belt**

**8th Kyu**

### **Offense**

1. Slide up, RT chudan gyaku tsuki
2. Slide up, LT jodan tsuki
3. Slide back, RT kake uke
4. Slide back, LT jodan uke
5. RT mae geri, landing RT foot in front
6. LT mae geri, landing LT foot in front
7. Step back, RT gedan kake uke
8. Step back, LT gedan kake uke
9. Slide up, RT chudan gyaku tsuki
10. Slide up LT jodan tsuki
11. Slide back, RT chudan kake uke
12. RT foot slides back and out 45°
  - LT jodan uke,
  - RT chudan shita tsuki to spleen
  - RT jodan tsuki to head, KIAI

### **Defense**

1. Slide back, RT kake uke
2. Slide back, LT jodan uke
3. Slide up, RT chudan gyaku tsuki
4. Slide up, LT jodan tsuki
5. Step back, RT gedan kake uke
6. Step back, LT gedan kake uke
7. RT mae geri, landing RT foot in front
8. LT mae geri, landing LT foot in front
9. Slide back, RT kake uke
10. Slide back, LT jodan uke
11. Slide up, RT chudan gyaku tsuki
12. Slide up LT jodan tsuki

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