



SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION SWEDEN

國際松濤館空手道連盟



Gohon kumite jodan oi zuki

- Attack 5 Jodan oi zuki, block 5 jodan age uke, kontra med chudan gyaku zuki

Gohon Kumite chudan oi zuki

- Attack 5 Chudan oi zuki, block 5 soto ude uke, kontra gyaku zuki

Sanbon Kumite 1-3

1. 1. Attack Jodan oi zuki, chudan oi zuki, mae geri
2. Block Age uke, soto uke, gedan barai, gyaku zuki
2. 1. Attack Jodan oi zuki, chudan oi zuki, mae geri
2. Block Age uke, uchi uke, gyaku gedan barai, jodan kizami zuki, gyaku zuki
3. 1. Attack Jodan oi zuki, chudan oi zuki, mae geri
2. Block Jodan haiwan uke, chudan morote uke, sukui uke, chudan gyaku zuki