



SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION SWEDEN

國際松濤館空手道連盟



Kihon Ippon Kumite

Jodan oi zuki

1. Age uke, gyaku zuki
2. Tate shuto uke, shuto uchi
3. Sokumen jodan uke, yoko geri keage, yoko enpi uchi
4. Jodan haishu juji uke, chudan mawashi geri, ushiro mawashi enpi uchi
5. Jodan age uke, mae geri, tate enpi uchi

Chudan oi zuki

1. Chudan soto ude uke, gyaku zuki
2. Migi chudan soto ude uke, yoko enpi uchi
3. Chudan uchi ude uke, kizami zuki, gyaku zuki
4. Chudan shuto uke, kizami geri, chudan nukite
5. Chudan hiji uke, ushiro mawashi enpi uchi

Mae geri

1. Gedan barai, gyaku zuki
2. Gyaku gedan barai, kizami zuki, gyaku zuki
3. Gedan juji uke, shuto juji uchi
4. *Nekoashi dachi* - Gedan barai, tate shuto mae enpi uchi
5. *Kokutsu dachi* - Sukui uke, gyaku zuki

Yoko kekomi

1. Chudan soto ude uke, gyaku zuki
2. Chudan haiwan uke, jodan haito uchi
3. Ushiro gedan barai, yoko kekomi, yoko enpi uchi

Mawashi geri

1. Haiwan uchi uke, gyaku zuki
2. Tate heiko shuto uke, soete yoko enpi uchi
3. Jodan soto ude uke, kizami geri, gyaku zuki