

SAMBON KUMITE

Sanbon-Kumite	
Angriff	Jodan-zuki, Chudan-zuki, Gedan-zuki.
Abwehr + Gegenangriff	Jodan-Uke, Soto-Uke, Gedan-Barai + Gyaku-zuki, Gedan-Barai

IPPON KUMITE

Ippon-kumite I			
	1 (Kihon)	2 (Kihon)	3 (Kumite)
Angriff	Jodan-zuki	Jodan-zuki	Jodan-zuki
Abwehr + Gegenangriff	Jodan-uke + Chudan-gyaku-zuki	Jodan-uke + seiken-Chudan mawashi-zuki	Soto-uke + Chudan-gyaku-zuki

Ippon-kumite II			
	1(Kihon)	2 (Kihon)	3 (Kumite)
Angriff	Chudan-zuki	Chudan-zuki	Chudan-zuki
Abwehr + Gegenangriff	Soto-uke + Chudan-gyaku-zuki	Soto-uke + seiken-shita-zuki, gedan-mawashi geri	Soto-uke + seiken-tate-zuki, hiza-geri

Ippon-kumite III			
	1 (Kihon)	2 (Kihon)	3 (Kumite)
Angriff	Jodan-zuki	Jodan-zuki	Jodan-zuki
Abwehr + Gegenangriff	uchi-uke + uraken-shomen-uchi	uchi-uke + seiken-shita-zuki, seiken-Chudan-mawashi-zuki, mawashi-geri-gedan.	uchi-uke + uraken-shomen-uchi, seiken-shita-zuki, hiza-geri

Ippon-kumite IV			
	1 (Kihon)	2 (Kihon)	3 (Kumite)
Angriff	migi-Jodan-zuki, Chudan-gyaku-zuki	migi-Jodan-zuki, Chudan-gyaku-zuki	migi-Jodan-zuki, Chudan-gyaku-zuki
Abwehr + Gegenangriff	hidari-uchi-uke, Soto-uke, gedan-barai + gyaku-shuto-sakotsu-uchi.	hidari-uchi-uke, Soto-uke, gedan-barai + mae-geri-Chudan, mawashi-zuki-Chudan, mawashi-geri-Chudan	hidari-uchi-uke, hidari-Soto-uke, hidari-gedan-barai + neko-ashi-dachi, hidari-mae-geri-Chudan, migi-shuto-sakotsu-uchi, morote-tensho-kubi, hiza-geri, morote-shotei

Ippon-kumite V

	1 (Kumite)	2 (Kumite)	3 (Kumite)
Angriff	migi-mae-geri-Chudan	migi-mae-geri-Chudan	migi-mae-geri-Chudan
Abwehr + Gegenangriff	hidari-shotei-uke-gedan + hidari-mae-geri-Chudan, migi-gyaku zuki-Jodan	hidari-shotei-uke-gedan + hidari-mae-geri-Chudan, migi-Chudan-gyaku-zuki, migi-mawashi-geri-gedan	hidari-shotei-uke-gedan + hidari-mae-geri-Chudan, migi-gyaku-tate-zuki-Jodan, o Soto-gari, migi-gedan-zuki