

Original Okinawa Karate
Kumité

Attack (right side)

1.	Step right, middle punch, step left middle punch, step right, high-low punch.	Step back right, left outside block, step back left, right inside block, step back right, left high-low block, right middle punch.
2.	Right step, left step, right step & grab opponents' left shoulder with right hand, turn opponent, left low punch.	Walking away from attacker, right step, left step, right step, left turn, left outside block, left low cover block, shuffle right, right middle punch.
3.	Right kick & right middle punch, left kick & left middle punch, right kick & right high punch, left low punch.	Step back 45° left, block kick, right outside block. Step back 45° right, left outside block. Step back 45° left, block kick, right high-low block, right middle punch.
4.	Right kick, right high punch, left middle punch, right inside block. Left front kick, right 45° side kick, left high punch, right low punch.	Step back right, block kick, left outside block & right high block, right inside block, left middle punch. Shuffle back block kick, step 45° left, block kick, right high-low block, left middle punch.
5.	Kick right, right high punch, left low punch, right middle punch, block kick.	Step back right, block kick, left high-low block, right circle block, right short front kick.
6.	Right front kick, left back kick, left back fist punch, step forward (position right foot behind & outside opponents right foot), shuffle & throw.	Step back right block kick, shuffle back right block kick, high X-block. Be thrown.
7.	Step right, right middle-low punch, step left, left middle-low punch, step right, right high punch. Grab opponents hands to your chest, step behind opponent into kiba dachi stance, twist to throw.	Step back right, left forearm block. Step back left, right forearm block. Shuffle back left, right circle block & step behind opponent, grab around chest. Be thrown.
8.	Right front kick, left round house kick, left high taté punch, block kick.	Step back right, block kick. Step back left, right high round house block, right inside block (cover), right snap side kick.
9.	Right front kick, right taté punch, left back spin into kiba dachi stance, throw.	Step back right, block kick, high X-block. Be thrown.
10.	Left round house kick, right front kick. Right high punch, left low punch, right middle punch. Be thrown.	Step back right, left high round house block. Step back left, block kick. Right high-low block, left outside block, right outside block. While maintaining control of forearm, place left hand on opponents left shoulder. Step behind opponents left foot into kiba dachi stance and throw.

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11.	Right kick, right high-low punch. Left shuffle back, block kick, right middle round house kick.	Step back right, left high-low block. Right kick, right middle round house block.
12.	Right kick, right punch, block kick, right punch, right down block.	Shuffle back left 45°, block kick, right circle block, right front kick, right circle block and switch feet – left foot forward, left low punch.
13.	Right kick, right high-low punch. Left shuffle back, block kick. Right high-low block, left middle punch, middle left round house kick.	Step back right, left high-low block. Right kick, right high punch, left low punch. Right outside block, step back right, left middle round house block.
14.	Right front kick, left round house kick, left high taté punch, block kick, shuffle right 45°, block kick. Left high-low block, right high punch, right middle round house kick.	Step back right, block kick. Step back left, high right round house block, right inside block (cover), right snap side kick, left 45° front kick. Left high punch, right low punch, left outside block, step back left into kiba dachi, left middle round house block.
15.	Right front kick, left back kick, right high round house kick, right middle round house block.	Step back right, block kick. Step back left, block kick. Step back right, left high round house block, right middle round house kick.
16.	Right front kick, left round house kick, left taté high punch, block kick, shuffle left, block kick. Right high-low block, left middle punch, right middle punch. Be thrown.	Step back right, block kick. Step back left, high right round house block, right inside block (cover), right snap side kick, left ¾ turn, left back kick, left high punch, right low punch. Right outside block, left inside block. Right ¾ turn into kiba dachi stance, throw opponent.
17.	Right front kick, right middle high punch, left middle punch, turn right, back kick 45°, right back fist punch, step forward (position left foot behind & outside opponents left foot), shuffle & throw.	Step back right, back kick, left outside block, step right & block punch, step back left, block kick, high block. Be thrown.
18.	Right double kick, step back left, block kick, step back right, block kick, left high block. Be thrown.	Step back left, block kick. Step back right, block kick. Right double kick, left back fist, (position left foot behind & outside opponents left foot), shuffle & throw.