

Jiyu Kumite –

Footwork & Development Drills

- Lateral motion (*short*) (*add waza offensive / defensive*)
- Lateral motion (*long*) (*Add waza offensive / defensive*)
- Change ups (*add change up rear knee drop*)
- Shuffle ups (*add waza*)
- Shuffle up step thru (*add waza*)
- Double step drops (*oi & gyaku tsuki – mae & mawashi geri*) etc.
- Tripple step drops (*oi & gyaku tsuki – mae & mawashi geri*) etc.
- Run drops (*add single & multiple hand & foot waza*)
- Step behind step out (*Add kicks , 1 at first then multiply*)
- Step behind step out step thru (*Add kicks , 1 at first then multiply*)
- Sweep dance (*solo*)(*3 step with partner*) (*Incremental levels*)
- Kumite uke (*hi, mid, low*)
- Kumite dachi
- Hand positioning
- Drop waza Rotations (*90,180,270,360 in place rotations*)
- 4 corners
- Triangles (*single leg – heel to heel reach*) (*double leg*)
- Diamonds (*single leg heel to heel reach*) (*double leg*)
- Knee raises (*knee to palm*)
- 2 count kicking
- 3 count Knifehand
- 4 count Blocking
- Block & Counter (*4 basic blocks*)
- Multi directional waza (*punching or kicking- straight, 45, 90,180*)
- Recoils – (*work the push & the pull of waza*)
- Makiwara (*contact training of weapons*)
- Lateral Shifts (*one way, return & end waza step back*)(*short leg lateral, long leg lateral*)
- Skip drill (*Solo*) (*Skip & Front leg FSK*) (*Skip & Back leg FSK*) (*Skip Front & Rear leg snap kick*)