

KANSAI'S 40 KUMITE COMBINATIONS

All the following combinations are from left & right fighting stance.

After the last move in all combinations, execute an open hand

Thrust with the withdrawn hand, then back to kamae.

START ALL COMBINATIONS WITH A SLIDE.

1.
 - a. Right step over punch.
 - b. Right step over punch, left reverse hand punch.
 - c. Right one-leg punch
 - d. Right step over punch, step over right reverse hand punch.
2.
 - a. Right reverse hand punch.
 - b. Slide in right reverse hand punch chest height, left head height front hand punch.
 - c. Left open hand fake, right reverse hand punch.
 - d. Left head height back fist strike, right reverse hand punch
3.
 - a. Left front hand punch.
 - b. Left head height front hand punch, right chest height reverse hand punch.
 - c. Slide back to right 45', left front hand punch.
 - d. Slide back to left 45', left back fist strike, right reverse hand punch.
4.
 - a. Right front kick, right step over punch.
 - b. Right front kick, left reverse hand punch.
 - c. Right front kick, right one leg punch.
 - d. Right round house kick, right back fist strike, left reverse hand punch.
5.
 - a. Skip in left front kick, right reverse hand punch.
 - b. Right reverse hand punch, skip in left front kick, right reverse hand punch.
 - c. Skip in left round house kick, right reverse hand punch.
 - d. Right one leg punch, step over left round house kick, left back fist strike, right reverse hand punch.
6.
 - a. Step back right knife hand block, left reverse hand punch, right thrust, step forward.
 - b. Step back right knife hand block, right back fist strike, step forward.
 - c. Step back, right down block, left reverse hand punch, step forward.
 - d. Step back, cross hand down block, right back fist strike, step forward cross hand down block, right reverse hand punch.
7.
 - a. Left down block, right reverse hand punch.
 - b. Left down block, left head height front punch.
 - c. Slide back, right head height palm heel block, left front hand punch.
 - d. Back right head height palm heel block, left chest height palm heel block, right reverse hand punch
8.
 - a. One leg right punch head height, left reverse hand punch.
 - b. One leg punch head height, left reverse hand punch, right front head height punch.
 - c. One leg punch head height, left reverse punch, right back fist strike,
 - d. One leg punch head height, left reverse hand punch right back fist strike, left reverse hand punch
9.
 - a. Right foot sweep, hold balance 5 seconds.
 - b. Skip in, left foot sweep, hold balance 5 seconds.
 - c. Right foot sweep, right step over punch.
 - d. Right foot sweep, right back fist strike, left reverse punch.
10.
 - a. Right front kick, left round house kick.
 - b. Right front kick, left back kick.
 - c. Right front kick, step in right step through side kick.
 - d. Right back kick, step in right reverse round house kick.