

# JIYU IPPON KUMITE (Semi Free 1 Step Sparring) : SET 1

## MAWASHI GERI



1. Jiyu Dachi



2. Uchi Uke



3. Gyaku Zuki



4. Hikite Gamae

## USHIRO GERI



1. Jiyu Dachi



2. Intermediate Move



3. Kake Uke



4. Gyaku Zuki



5. Hikite Gamae