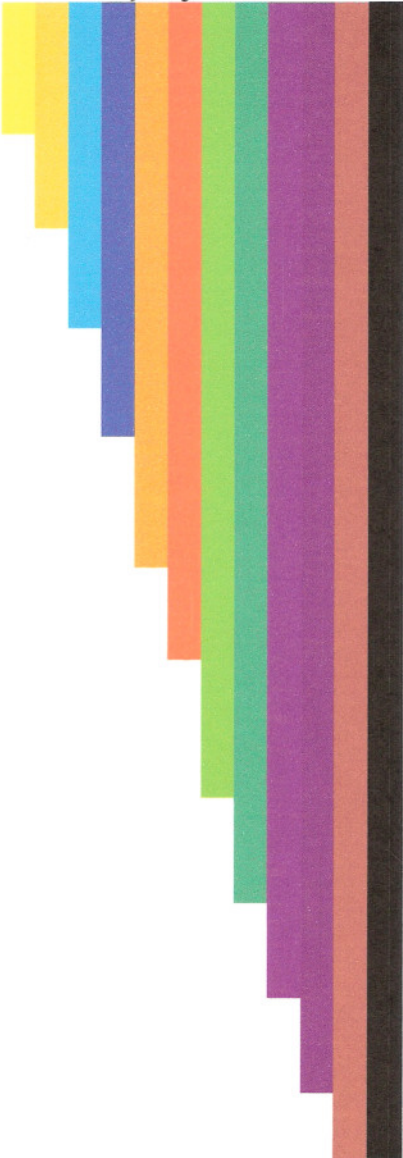


## Steps by Rank

# IPPON KUMITE



OVERHEAD RISING BLOCK - REVERSE PUNCH  
OUTSIDE FORE ARM MIDDLE BLOCK - REVERSE PUNCH  
PARRY BLOCK - REVERSE PUNCH  
OUTSIDE MIDDLE LEVEL FOREARM BLOCK - BACKFIST STRIKE  
DOWNWARD BLOCK CENTER OF ATTACK - REVERSE PUNCH  
STEP BACK 45 - SIDEKICK  
INSIDE FORE ARM MIDDLE BLOCK - ELBOW  
DOUBLE PRESSING BLOCK - BACKFIST STRIKE  
JUMP TO THE SIDE - ROUNDHOUSE KICK  
DOUBLE PRESSING BLOCK A KICK - BACKFIST STRIKE  
GRABBING BLOCK - FRONT KICK - ELBOW  
DODGE AND PUNCH  
FORE ARM BLOCK - BACKFIST STRIKE  
X BLOCK - KNEE  
DOUBLE HAND BLOCK OF A HEAD ATTACK - BACKFIST STRIKE  
CATCHING A FRONT KICK - KICK  
OPEN HAND BLOCK - KNIFEHAND STRIKE  
KNIFEHAND BLOCK - PRESS - BACKFIST STRIKE  
DODGE A CENTER ATTACK - PARRY - RIDGEHAND  
CATCHING A PUNCH - ROTATE WRIST TO AN ARMBAR  
X BLOCK A DOWNWARD STRIKE - TWIST WRIST TO AN ARM LOCK  
DOUBLE HAND BLOCK OF A CENTER PUNCH - PUNCH  
HOOKING BLOCK - FRONT KICK  
CATCH A CENTER PUNCH - FRONT KICK  
ARM BREAK OF A CENTER PUNCH  
OVERHEAD RISING BLOCK - SHOULDER LOCK  
DODGE A CENTER ATTACK - BACKFIST STRIKE TO ELBOW  
JUMP TO THE SIDE - STRIKE - TAKEDOWN  
STEP TO THE SIDE - PARRY - SHOULDER LOCK - SQUAT  
DEFENSE AGAINST GRABBING HAIR  
BACK NUCKLE BLOCK TO KICK  
UNDER ARM STRIKE - PUNCH  
OVERHEAD RISING BLOCK - ELBOW, ELBOW