

Kumite (Sparring)

Types of Kumite

- Gohon Ippon Kumite - Five step sparring - 10th & 9th Kyu's
- Kihon Ippon Kumite - Basic one step sparring - 8th Kyu & Shodan
- Kihon Ippon Kumite - Basic one step sparring (6 & 8 block combinations) 7th & 6th Kyu's
- Jiyu Ippon Kumite - semi-freestyle one step sparring (4 block combinations) 5th Kyu
- Jiyu Ippon Kumite & Jiyu Kumite - semi-freestyle one step sparring (6 block combinations) & freestyle sparring, any attack and any block 4th kyu to 1st Dan

Other types of Kumite used in training;-

- Ten No Kata - Ura & Omote. **Basic kihon and kumite drills invented by Funakoshi Sensei.**
- Tanren Kumite - training or drill kumite (as in gohon & sanbon kumite)
- Sanbon Kumite - 3 step strike/block sparring 5th Kyu & above.
- Kiso Kumite - Fundamental Sparring - basic reactive sparring to develop reaction and control techniques & help with maai (distance), timing & coordination - all levels.
- Kaeshi Ippon Kumite - Attack & counter one step kumite. This is where the attacker has to quickly respond with a block & counter all in one move *or* Returning one-step sparring (the defender counter-attacks with a whole step and forces the original attacker into the defending position).
- Okuri Jiyu Ippon Kumite - Freestyle one step sparring with follow-through by the attacker *or* Sparring with two attacks in a row. The first one is pre-determined but the choice of the second attack is based on the opponent and the distance.
- Happo Kumite - Eight direction sparring against several opponents.
- Oyo Kumite - Bunkai (application) sparring.
- Kyogi kumite - competition sparring.
- Shiai kumite - Sparring performed in the sense of budo (as in jiyu ippon and in jiyu kumite).
- Yakusoku kumite - Appointment Sparring - the sparring forms from gohon kumite to okuri-ippun kumite make up the group of Yakusoku kumite. The word Yakusoku means appointment or promise, which forces the attacker to execute the attack that has been predetermined.
- **Mitsu-no-Sen [kumite]** means attacking simultaneously with the opponent as in nagashi-zuki. It implies that the 'defender' will be able to complete his attack first, and/or displace the opponent's attack.

Acquired from the website; <http://www.tjska.com/kumite.html>