



Yon Hon Kumite

Yon Hon = Four "Part" Kumite

Step	Attacker	Defender
1	Kamae - Left fighting stance	Kamae - Left fighting stance
	Left shuffle forward (right foot slides forward to meet left and left foot steps forward)	-
	Execute Left Upper Punch (Jab)	Left (front foot) steps off line to the left
	-	Right hand middle punch
2	Kamae - Left fighting stance	Kamae - Left fighting stance
	Right (back) foot steps over	
	Execute right upper punch	Right foot step across (off the line) to the right and left foot follows sliding in behind
	-	Right upper punch with recoil (hike)
3	Kamae - Left fighting stance	Kamae - Left fighting stance
	Left (front) foot slides back ½ way. Right foot steps over to 45 degree lower stance. Back hand is open and in front of ear.	Front foot pulls back ½ way. Step through to 90 deg shoulder width stance facing left (west)
	Execute right lower punch	Left hand Rotating palm block
	-	Right hand back fist
4	Kamae - Left fighting stance	Kamae - Left fighting stance
	Left (front) foot small step	Left (front) leg slides back to right fighting stance
	Right front kick landing in fighting stance	Lean forward bringing pelvis back to avoid incoming left front kick
	Shuffle back quickly	Step left foot over
	-	Right front kick