



20 Traditional Ippon Kumite

*16-20 originally taught by CMK Patriarch Nam Suk Lee

Uke: Attack with a realistic punch or strike to the tori's face (except #19-20)

Tori: Block, catch, strike moving offline (no catch on #15, #20)

1. *Shomen-ate*: Rising block, same-side catch, punch to face
2. *Shomen-ate*: Fade back, rising block, same-side catch, mid-level front snap kick
3. *Gyakugamae-ate*: Inside block, opposite catch, rolling back-fist to face
4. *Shomen-ate*: Outside block, same-side catch, palm strike to chin
5. *Gyakugamae-ate*: Rising block to same-side catch, sidekick to ribs
6. *Gyakugamae-ate*: Inside block, opposite catch, shuto strike to neck
7. *Shomen-ate*: Inside block, same-side catch, palm strike under uke's punching arm to chin
8. *Shomen-ate*: Inside block to opposite catch (outside of uke's attacking arm), punch to ribs
9. *Kokyu-nage*: Outside block to same-side catch, shuto strike to neck, blending inside attack
10. *Irimi-nage*: Outside block to same-side catch, shuto strike to neck, blending outside attack
11. *Gyakugamae-ate*: Outside block to same-side catch, mid-level roundhouse kick
12. *Shomen-ate*: Rising block to same-side catch, hip kick to knee, elbow strike to jaw
13. *Gyakugamae-ate*: Outside block to same-side catch, gyaku forearm strike to face
14. *Shiho-nage*: Inside block to same-side catch, shiho-nage wrist pressure, shuto strike to neck

15. *Shomen-ate*: Offline jumping mid-level front snap kick to outside of attack
16. *Shomen-ate*: Inside block to opposite catch, phoenix fist to face
17. *Shomen-ate*: Inside block to opposite catch, rolling back-fist across nose
18. *Shomen-ate*: Inside block to opposite catch, spear to ST11
19. *Shomen-ate*: Fade back, inside block, inside block, inside block to opposite catch, ox-jaw strike to jaw (*Tori*: 3 successive alternating punches to face)
20. *Shomen-ate*: Fade back, low block, low block, low block, double shuto strike to neck (*Tori*: 3 successive alternating front snap kicks to groin)