

e-IPPON KUMITE – 6 yrs old

Prior to commencing the video, the competitor must face directly into the camera and state “Yarmouth Cup 2021”

- Full kumite gear is required including gum shield and groin protector.
- Target is Heavy bag, Bob, or another stationary target
- The competitor stands in “yoi” position approx. 2 meters from the target
- The competitor will wait for the videographer to call out what technique(s) is to be performed.
- The competitor will then take up the kamae position, engage the target to execute the scoring technique and then return to the yoi position after completing the technique.
- There will be 6 mandatory techniques:

1 – A Jab (kizami-zuki)

2 – A reverse punch (gyaku-zuki)

3 – A jab, reverse punch combination

4 – A front leg roundhouse kick (mae-ashi mawashi-geri)

5 – A back leg roundhouse kick (mawashi geri)

6 – A combination roundhouse kick, reverse punch (mae-ashi mawashi geri, gyaku-zuki)

** Please allow 5 seconds at the beginning and end of the video