

e-Ippon Kumite – 7 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 hand technique

2 – A different hand technique

3 – A foot technique

4 – A different foot technique

5 – A combination hand technique

6 – A combination hand and foot technique

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