



Variable Ippon Kumite Quick Sheet

Man #	Vid #	Shorthand Actions	All Actions
1	1	Slip and block, deep punch	
2	2	Skip to side, roundhouse-kick	
3	3	Slip to cat, front kick	
4	4	Crouch to left, punch	Same as 12. Could also be "crouch to right"
5	5	Jamming punch, punch-punch	
6	6	Slap-smack, punch, choke	
7	7	Turning elbow strike	Turning elbow strike, back fist, groin, throw
8	8	Jam, draw and palm heel, punch-shuto	Jam, draw and palm heel (cobra), punch-shuto, step oblique and 2nd shuto, knee strike.
9	9	Kick to arm, back kick	
10	10	Oblique elbow strike, hit to ear	
11	11	Drive direct punch to face	Triangle block, rising punch-punch, pull back, front kick, ridge hand
12	--	Crouch to left, punch	THIS is the correct description/photos for #4
13	12	Triangle block-jam to face, punch down	Triangle block-jam to face, punch down, step back front kick, cross-step side kick
14	13	Double bobbing block, head butt	Triangle block-jam, grab, head butt, skip-knee to chest, elbow to ear, knee to chest/face, hammer to neck
15	14	Double bobbing block and circle upset punch	Double block, double punch to ribs, punch to face, grab arms, knee to chest, choke.
16	15	Double bobbing block, circle/punch like jion kata	Double block, grab biceps and load down, front kick, release one hand and bat across ear, skip kick to chest, etc.
17	16	Bob to lower right, arm bar	Bob to lower right, arm bar, knee to side/hip, and again, and hammer
18	17	Stiff arm to nose, shuto, elbow	Stiff arm to nose, shuto, elbow, another shuto, knee, etc.
19	--	Same side vertical forearm with same side shin block	Same side vertical forearm with same side shin block, same side punch, punch, shin kick
20	19	Cross body vertical forearm/shin block	Cross body vertical forearm/shin block, turn and back kick
--	20	Stomp to same-side inner thigh	Stomp to same-side inner thigh, shuto to neck, grab and skip knee to chest.