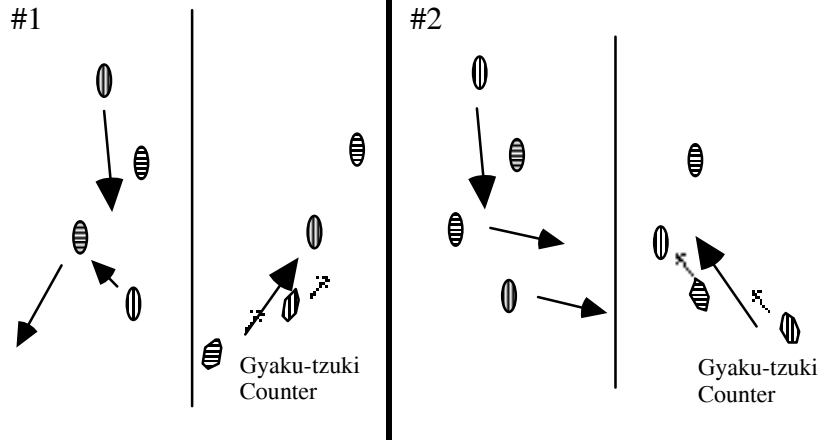


# Tai Sabaki for the Kick Punch Drills

The Kick-Punch drills help increase the speed of the competitor with versatile skills that enable the competitor to:

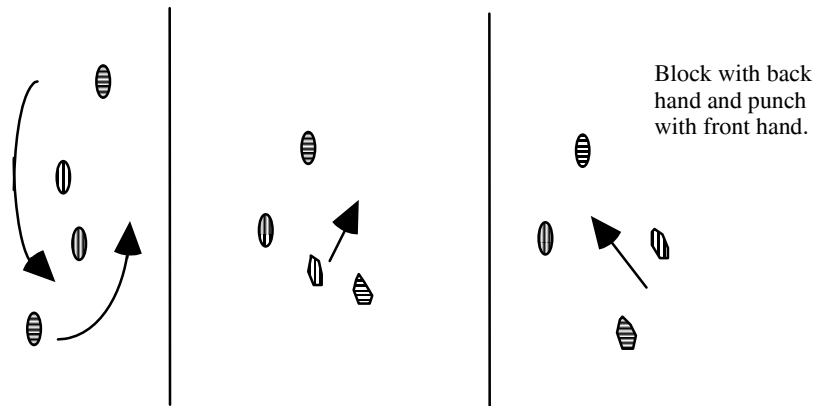
- 1) Reduce the options available making choice of tactics faster and easier
- 2) Developing bi-lateral skills
- 3) To develop neuromuscular skill through repetition

## Mae Geri, Oi-Tzuki



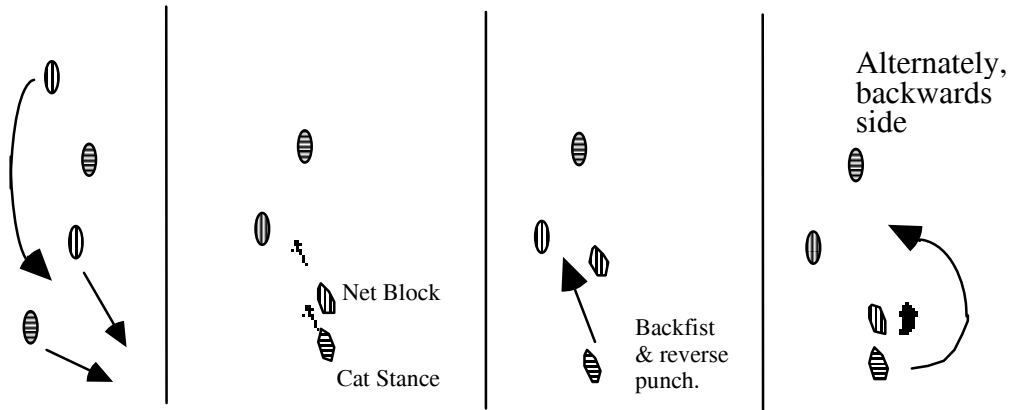
Mae Geri, Oi-tzuki attack. Move to the left or right and low defend followed by a simultaneous age uke and gyaku-tzuki. Whether you change sides depends on the forward foot and the direction of movement. You can shuffle forward on your counter.

## Ushiro Geri,



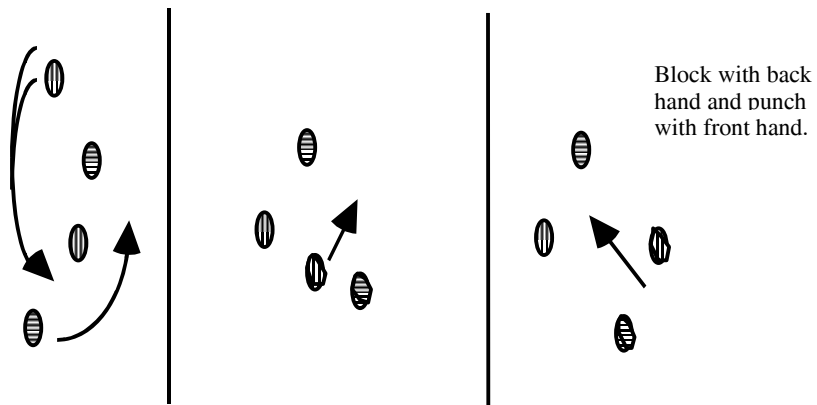
Ushiro Geri followed by an uraken. Begin by stepping behind with the back foot and protecting with the back hand. Strike as you pass behind the opponent. Alternately, sweep the back hand under the opponent's attacking leg and strike the neck driving the opponent backwards off balance. Finally, you can drive the back hand/arm between the legs as the forward arm knocks him backwards dumping the opponent on the floor. The stepping pattern is the same for all three options. You can even use the forward foot to sweep the attacker's standing foot out from underneath him.

## Mawashi Geri,



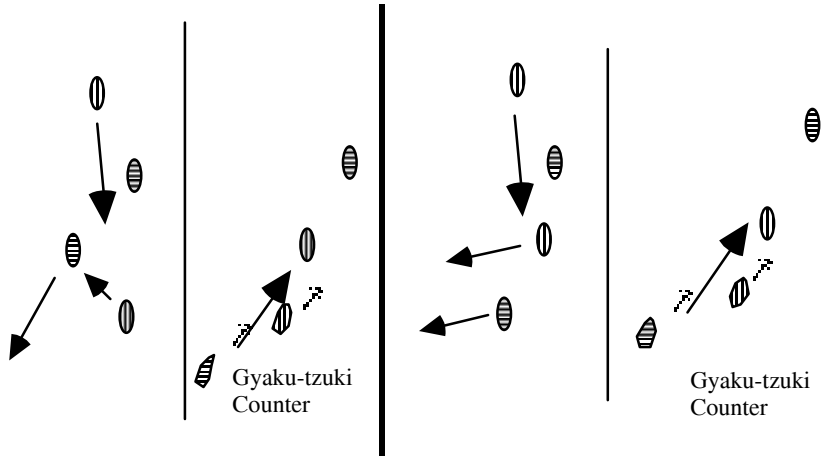
Mawashi-geri followed by an uraken. Pull the forward foot back and net-block. Move the front foot forward and simultaneously backfist (block) and reverse punch. Alternately, you can turn backwards and back kick.

## Mawashi Geri, Uraken #2



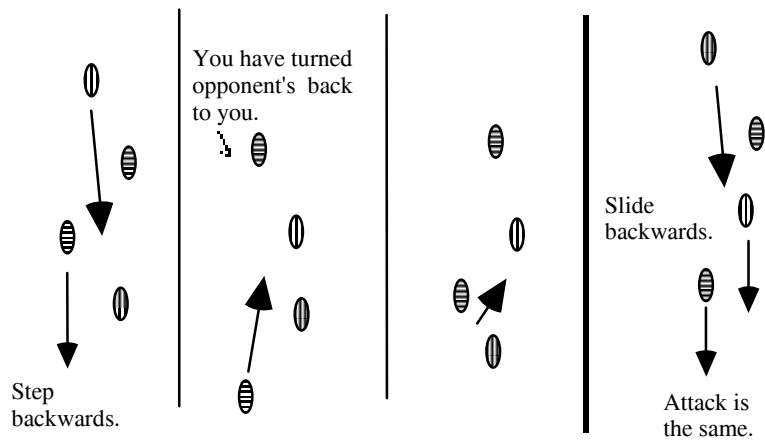
Mawashi-geri followed by an uraken. Begin by stepping behind with the rear foot and blocking with the rear hand. Attack with a front hand punch as the front foot moves forward. Alternately, you can block and punch simultaneously. The angle of movement is oblique the opponent.

## Yoko Geri, Uraken



Yoko Geri, Uraken attack. Move to the left or right and low defend followed by a gyaku-tzuki. Whether you change sides depends on your forward foot and the attack of your opponent. You want to move to the heel side of the attacking foot. You can shuffle forward on your counter. This is very similar to the Mae Geri, Oi-tzuki attack.

## Yoko Geri, Uraken



Yoko Geri, Uraken attack. The defense is similar as #1 except as you move backwards, net block the kick, pull strongly back and twist to the forward side pulling the opponent off balance. This forces the opponent to turn backwards to continue the attack. You block off this turn by bringing your back foot and hand forward, to jam his turn while attacking with the other hand.