

IKIF ITOSU-RYU KIHON YAKUSOKU KUMITE (Basic Promise Sparring)

		KOU (Attack)		SHU (Defense)			KIME (Focus)		
1	A	(RIGHT)	CHU-DAN OI-ZUKI (Middle Level Chasing Punch)	(LEFT)	ZENKUTSU-DACHI (Front Stance)	(LEFT)	HARAI-UKE (Downward Block)	(RIGHT)	GYAKU-ZUKI (Reverse Punch)
	B	(RIGHT)	Ditto	(RIGHT)	Ditto	(RIGHT)	Ditto	(LEFT)	Ditto
2	A	(RIGHT)	CHU-DAN OI-ZUKI (Middle Level Chasing Punch)	(LEFT)	ZENKUTSU-DACHI (Front Stance)	(LEFT)	YOKO-UKE (Outside Block)	(RIGHT)	GYAKU-ZUKI (Reverse Punch)
	B	(RIGHT)	Ditto	(RIGHT)	Ditto	(RIGHT)	Ditto	(LEFT)	Ditto
3	A	(RIGHT)	CHU-DAN OI-ZUKI (Middle Level Chasing Punch)	(LEFT)	ZENKUTSU-DACHI (Front Stance)	(RIGHT)	YOKO-UCHI-UKE (Inside Block)	(LEFT)	GYAKU-ZUKI (Reverse Punch)
	B	(RIGHT)	Ditto	(RIGHT)	Ditto	(LEFT)	Ditto	(RIGHT)	Ditto
4	A	(RIGHT)	CHU-DAN OI-ZUKI (Middle Level Chasing Punch)	(RIGHT)	ZENKUTSU-DACHI (Front Stance)	(RIGHT)	SUKUI-UKE (Scoop Block)	(LEFT)	GYAKU-ZUKI (Reverse Punch)
	B	(RIGHT)	Ditto	(LEFT)	Ditto	(LEFT)	Ditto	(RIGHT)	Ditto
5	A	(RIGHT)	CHU-DAN OI-ZUKI (Middle Level Chasing Punch)	(LEFT)	ZENKUTSU-DACHI (Front Stance)	(LEFT)	OSAE-UKE (Pressing Block)	(RIGHT)	JUN-ZUKI (Leading Punch)
	B	(LEFT)	Ditto	(RIGHT)	Ditto	(RIGHT)	Ditto	(LEFT)	Ditto
6	A	(RIGHT)	JO-DAN OI-ZUKI (Upper Level Chasing Punch)	(LEFT)	ZENKUTSU-DACHI (Front Stance)	(LEFT)	AGE-UKE (Upperward Block)	(RIGHT)	GYAKU-ZUKI (Reverse Punch)
	B	(RIGHT)	Ditto	(RIGHT)	Ditto	(RIGHT)	Ditto	(LEFT)	Ditto
7	A	(RIGHT)	CHU-DAN OI-ZUKI (Middle Level Chasing Punch)	(RIGHT)	SHIKO-DACHI & ZENKUTSU-DACHI (Square Stance & Front Stance)	(RIGHT)	YOKO-UCHI-UKE (Inside Block)		MIGI-URA-KEN & HIDARI-GYAKU-TSUKI (Right Back Fist & Left Reverse Punch)
	B	(LEFT)	Ditto	(LEFT)	Ditto	(LEFT)	Ditto		HIDARI-URA-KEN & MIGI-GYAKU-TSUKI (Left Back Fist & Right Reverse Punch)
8	A	(RIGHT)	JO-DAN OI-ZUKI (Upper Level Chasing Punch)	(LEFT)	ZENKUTSU-DACHI (Front Stance)		KOSA-UKE (X Block)		MIGI-HIZA-GERI (Front Knee Kick)
	B	(LEFT)	Ditto	(RIGHT)	Ditto		Ditto		RYO-KEN-TSUI (Hammer Fist Strike by Both Hands)
9	A	(RIGHT)	CHU-DAN MAE-GERI (Middle Level Front Kick)	(LEFT)	ZENKUTSU-DACHI (Front Stance)	(LEFT)	HARAI-UKE (Downward Block)	(RIGHT)	GYAKU-ZUKI (Reverse Punch)
	B	(LEFT)	Ditto	(RIGHT)	Ditto	(RIGHT)	Ditto	(LEFT)	Ditto
10	A	(RIGHT)	CHU-DAN MAE-GERI (Middle Level Front Kick)	(LEFT)	ZENKUTSU-DACHI (Front Stance)	(RIGHT)	SUKUI-UKE (Scoop Block)	(LEFT)	GYAKU-ZUKI (Reverse Punch)
	B	(LEFT)	Ditto	(RIGHT)	Ditto	(LEFT)	Ditto	(RIGHT)	Ditto