

# The Fundamental Wadoryu Kumite-Gata of the British Wadokai Karate-do Federation

Ipponme - Jupponme

British Wadokai Kumite Gata Series 1-10 Ipponme







Page **5** of **32** 









Page **7** of **32** 



Page **8** of **32** 



Page **9** of **32** 

# Sanbonme



Page **10** of **32** 



Page **11** of **32** 

# Yonhonme







Page **13** of **32** 



Page **14** of **32** 

Obverse view (below), snap-punch then press (Tui-te), followed by Kuzushi.



Page **15** of **32** 

# Gohonme





Close up and section-detailed.







Page **19** of **32** 

Ropponme





Page **20** of **32** 





Page **21** of **32** 

# Nanahonme



Page **22** of **32** 



Page **23** of **32** 

Obverse (below) with follow through & Kuzushi



Haishu uke then rotate hand and change to grasp





Page **25** of **32** 

Napponme









Page **28** of **32** 

Kyuhonme





Page **30** of **32** 



Followed by right Uraken Uchi Jodan, left Gyakuzuki Chudan.



Followed by left teisho and 'pressing arm' (Tuite)

