



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

Ipponme – Juponme**

British Wadokai Kumite Gata Series 1-10
Ipponme







Nihonme









Sanbonme





Yonhonme







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



Gohonme



Close up and section-detailed.







Ropponme





Kuzushi



Nanahonme





Obverse (below) with follow through & Kuzushi



Haishu uke then rotate hand and change to grasp





Napponme







Kyuhonme





Jupponme



Followed by right Uraken Uchi Jodan, left Gyakuzuki Chudan.



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

