

Master Uechi's Kumite

(Test Form)

Start: Both students bow to the test board, then to each other. Both step into left Sanchin, guard position.

Student to the left (student 1) steps forward into right Sanchin and performs a right punch. Student on right (student 2) steps back into right Sanchin and performs a right wa-uke block against the punch and counters with a right front kick. Student 1 steps forward into left Sanchin and performs a left punch. Student 2 then steps back into a left Sanchin, performs a left wa-uke against the punch and counters with a left front kick.

Student 2 steps forward into a right Sanchin and performs a right punch. Student 1 steps back into a right Sanchin, performs a right wa-uke against the punch and counters with a right front kick. Student 2 steps forward into a left Sanchin and performs a left punch. Student 1 steps back into a left Sanchin, performs a left wa-uke against the punch and counters with a left front kick.

Student 1 then steps forward into a right Sanchin and performs a right punch. Student 2 steps back into a right Sanchin, performs a right wa-uke block against the punch, and performs a left spearhand strike (nukite) to the floating rib area. Student 1 then steps forward into a left Sanchin and performs a left punch. Student 2 steps back into a left Sanchin and performs a right palm-heel block against the punch, followed by a left one-knuckle punch (shoken) to the ribs.

Student 2 steps forward into a right Sanchin and performs a right punch. Student 1 steps back into a right Sanchin and performs a double-arm block against the punch. Student 2 steps forward into a left Sanchin and performs a left punch. Student 1 steps back into left Sanchin and performs a right forearm block against the punch (when done correctly, this looks like an "X" block), and counters with a right backfist (urikan) to the face.

Student 1 steps forward into right Sanchin performing a right punch. Student 2 steps back into right Sanchin and performs a left outside block against the punch, grabbing at the attacker's wrist. Student 1 steps into a left Sanchin and performs a left punch. Student 2 steps back into a left Sanchin while performing a right wa-uke against the punch, forcing the attacker's hand down. Student 2 then immediately slides his right hand up student 1's arm and performs a thumb-knuckle strike (bushikan) to the attacker's throat (at the carotid artery area).

When finished, students switch roles and student 2 attacks first which reverses the sequence so that each performs the same attacks and defenses as the other just did.

When done completely, students bow to each other, then turn and bow to the board or senior that is observing them.