



Battistello Karate School

Sensei Kimura's Combinations

Japanese Version

The Shukokai combinations below are from hidari kamae-te. Additional practice from migi kamae-te is recommended. All forward moving combinations must start with a front foot slide. After the last move in all combinations, execute an open hand thrust with the rear hand and then back to kamae-te. The exception to this is after a reverse punch, a return to kamae-te is quite sufficient.

- 1a.** Slide in migi jodan oi-zuki.
 - b.** Slide in migi jodan oi-zuki, hidari chudan gyaku-zuki.
 - c.** Slide in migi jodan ippon-ashi-zuki.
 - d.** Slide in migi jodan oi-zuki, step over, migi chudan gyaku-zuki.
- 2a.** Slide in migi chudan gyaku-zuki.
 - b.** Slide in migi chudan gyaku-zuki, hidari jodan mae-ken-zuki.
 - c.** Slide in hidari jodan shotei-uchi fake, migi chudan gyaku-zuki.
 - d.** Slide in hidari jodan uraken-uchi, migi chudan gyaku-zuki.
- 3a.** Slide in hidari jodan mae-ken-zuki.
 - b.** Slide in hidari chudan mae-ken-zuki, migi jodan gyaku-zuki.
 - c.** Slide back to migi 45°, hidari jodan mae-ken-zuki.
 - d.** Slide back to hidari 45°, hidari jodan uraken-uchi.
- 4a.** Slide in migi chudan rear mae-geri, migi jodan oi-zuki.
 - b.** Slide in migi chudan rear mae-geri, hidari chudan gyaku-zuki.
 - c.** Slide in migi chudan rear mae-geri, migi jodan ippon-ashi-zuki.
 - d.** Slide in migi chudan rear mae-geri, hidari jodan rear mawashi-geri, hidari jodan uraken-uchi.
- 5a.** Skip in hidari chudan front mae-geri, migi chudan gyaku-zuki.
 - b.** Migi chudan gyaku-zuki, skip in hidari chudan front mae-geri, migi chudan gyaku-zuki.
 - c.** Skip in hidari jodan front mawashi-geri, migi chudan gyaku-zuki.
 - d.** Migi jodan ippon-ashi-zuki, step over, hidari jodan rear mawashi-geri, hidari jodan uraken-uchi.
- 6a.** Step back migi chudan shuto-uke, hidari chudan gyaku-zuki, migi chudan thrust, step forward & repeat.
 - b.** Step back migi chudan shuto-uke, migi jodan uraken-uchi, step forward & repeat.
 - c.** Slide back migi jodan shotei-uke, hidari jodan mae-ken-zuki.
 - d.** Slide back migi jodan shotei-uke, hidari chudan shotei-uke, migi chudan gyaku-zuki.
- 7a.** Slide in hidari gedan shuto-uke, migi chudan gyaku-zuki.
 - b.** Slide in hidari gedan shuto-uke, hidari jodan mae-ken-zuki.
 - c.** Step back, migi gedan shuto-uke, hidari chudan gyaku-zuki, step forward & repeat.
 - d.** Step back, open hand gedan juji-uke, migi jodan uraken-uchi, step forward, clenched gedan juji-uke, migi chudan gyaku-zuki.
- 8a.** Slide in migi jodan ippon-ashi-zuki, hidari chudan gyaku-zuki.
 - b.** Slide in migi jodan ippon-ashi-zuki, hidari chudan gyaku-zuki, migi jodan mae-ken-zuki.
 - c.** Slide in migi jodan ippon-ashi-zuki, migi jodan uraken-uchi.
 - d.** Slide in migi jodan ippon-ashi-zuki, migi jodan uraken-uchi, hidari chudan gyaku-zuki.
- 9a.** Slide in migi ashi-barai, migi jodan oi-zuki.
 - b.** Skip in hidari ashi-barai (simultaneously change kamae-te), hidari jodan mae-ken-zuki.
 - c.** Slide in migi jodan ippon-ashi-zuki, migi ashi-barai (simultaneously change kamae-te), migi jodan oi-zuki.
 - d.** Slide in migi ashi-barai, migi jodan uraken-uchi.
- 10a.** Migi chudan rear mae-geri, hidari jodan rear mawashi-geri, migi chudan gyaku-zuki.
 - b.** Migi chudan rear mae-geri, hidari chudan spinning ushiro-geri, migi chudan gyaku-zuki.
 - c.** Migi chudan rear mae-geri, step in migi chudan front yoko-geri, hidari chudan gyaku-zuki.
 - d.** Migi chudan spinning ushiro-geri, step in migi jodan front ura-mawashi-geri, hidari chudan gyaku-zuki.



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English Version

The Shukokai combinations below are from left on-guard. Additional practice from right on-guard is recommended. All forward moving combinations must start with a front foot slide. After the last move in all combinations, execute an open hand thrust with the rear hand and then back to on-guard. The exception to this is after a reverse punch, a return to on-guard is quite sufficient.

- 1a.** Slide in right high step-through punch.
 - b.** Slide in right high step-through punch, left middle rear punch.
 - c.** Slide in right high one leg punch.
 - d.** Slide in right high step-through punch, step over, right middle rear punch.

- 2a.** Slide in right middle rear punch.
 - b.** Slide in right middle rear punch, left high front punch.
 - c.** Slide in left high open hand fake, right middle rear punch.
 - d.** Slide in left high back fist, right middle rear punch.

- 3a.** Slide in left high front punch.
 - b.** Slide in left middle front punch, right high rear punch.
 - c.** Slide back to right 45°, left high front punch.
 - d.** Slide back to left 45°, left high back fist.

- 4a.** Slide in right middle rear thrust kick, right high step-through punch.
 - b.** Slide in right middle rear thrust kick, left middle rear punch.
 - c.** Slide in right middle rear thrust kick, right high one leg punch.
 - d.** Slide in right middle rear thrust kick, left high full rear roundhouse kick, left high back fist.

- 5a.** Skip in left middle front thrust kick, right middle rear punch.
 - b.** Right middle rear punch, skip in left middle front thrust kick, right middle rear punch.
 - c.** Skip in left high full front roundhouse kick, right middle rear punch.
 - d.** Right high one leg punch, step over, left high full rear roundhouse kick, left high back fist.

- 6a.** Step back right middle knife-hand block, left middle rear punch, right middle thrust, step forward & repeat.
 - b.** Step back right middle knife-hand block, right high back fist, step forward & repeat.
 - c.** Slide back right high palm block, left high front punch.
 - d.** Slide back right high palm block, left middle palm block, right middle rear punch.

- 7a.** Slide in left low knife-hand block, right middle rear punch.
 - b.** Slide in left low knife-hand block, left high front punch.
 - c.** Step back, right low knife-hand block, left middle rear punch, step forward & repeat.
 - d.** Step back, open hand low x-block, right high back fist, step forward, clenched low x-block, right middle rear punch.

- 8a.** Slide in right high one leg punch, left middle rear punch.
 - b.** Slide in right high one leg punch, left middle rear punch, right high front punch.
 - c.** Slide in right high one leg punch, right high back fist.
 - d.** Slide in right high one leg punch, right high back fist, left middle rear punch.

- 9a.** Slide in right foot-sweep, right high step-through punch.
 - b.** Skip in left foot-sweep (simultaneously change guard), left high front punch.
 - c.** Slide in right high one leg punch, right foot-sweep (simultaneously change guard), right high step through punch.
 - d.** Slide in right foot-sweep, right high back fist.

- 10a.** Right middle rear thrust kick, left high full rear roundhouse kick, right middle rear punch.
 - b.** Right middle rear thrust kick, left middle spinning back kick, right middle rear punch.
 - c.** Right middle rear thrust kick, step in right middle front side kick, left middle rear punch.
 - d.** Right middle spinning back kick, step in right high front hook kick, left middle rear punch.