

Master Kimura's 40 Fighting Combinations

All Kimura's fighting combinations are from left kamae. Additional practice from right kamae 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, then back to kamae. The exception to this is after a reverse punch, a return to on guard is quite sufficient.

- 1a. Slide in right oi zuki.
 - b. Slide in right oizuki, left gyaku zuki.
 - c. Slide in right one leg punch.
 - d. Slide in right oi zuki, step over right gyaku zuki.
- 2a. Slide in right gyaku zuki.
 - b. Slide in right gyaku zuki chudan, left jodan maeken zuki.
 - c. Slide in left fake jodan maeken zuki, right gyaku zuki.
 - d. Slide in left jodan uraken, right gyaku zuki.
- 3a. Slide in left maeken zuki.
 - b. Slide in left chudan maeken zuki, right jodan gyaku zuki.
 - c. Slide back to right 45°, left maeken zuki.
 - d. Slide back to left 45°, left uraken.
- 4a. Slide in right mae geri, right oi zuki.
 - b. Slide in right mae geri, left gyaku zuki.
 - c. Slide in right mae geri, right one leg punch.
 - d. Slide in right mae geri, left mawashi geri, left uraken.
- 5a. Skip in left mae geri, right gyaku zuki.
 - b. Slide in right gyaku zuki, skip in left mae geri, right gyaku zuki.
 - c. Skip in left mawashi geri, right gyaku zuki.
 - d. Slide in right one leg punch, step over left mawashi geri, left uraken.
- 6a. Step back right shuto block, left gyaku zuki, right thrust, step forward repeat.
 - b. Step back right shuto block, right uraken, step forward repeat.
 - c. Slide back right jodan shotei block, left maeken zuki.
 - d. Slide back right jodan shotei block, left chudan shotei block, right gyaku zuki.
- 7a. Slide in left shuto gedan barai, right gyaku zuki.
 - b. Slide in left shuto gedan barai, left jodan maeken zuki.
 - c. Step back, right shuto gedan barai, left gyaku zuki, step forward repeat.
 - d. Step back, open hand low jiyu uke, right uraken, step forward clenched low jiyu uke, right gyaku zuki.
- 8a. Slide in right one leg punch, left gyaku zuki.
 - b. Slide in right one leg punch, left gyaku zuki, right maeken zuki.
 - c. Slide in right one leg punch, right uraken.
 - d. Slide in right one leg punch, right uraken, left gyaku zuki.
- 9a. Slide in, right ashi barai, right oi zuki.
 - b. Skip in left ashi barai, (simultaneously change kamae), left maeken zuki.
 - c. Slide in right one leg punch, right ashi barai, (simultaneously change kamae), right oi zuki.
 - d. Slide in right ashi barai, right uraken.
- 10a. Right mae geri, left mawashi geri, right gyaku zuki.
 - b. Right mae geri, left ushiro geri, right gyaku zuki.
 - c. Right mae geri, step in right yoko geri, left gyaku zuki.
 - d. Right ushiro geri, step in right ura mawashi geri, left gyaku zuki.

Terminology

Oi zuki *step punch*

Gyaku zuki *reverse punch*

Maeken zuki *front hand punch*

Uraken *back fist strike*

Shotei *palm*

Shuto *knife*

Gedan barai *low block*

Jiyu uke *X-block*

Jodan *high*

Chudan *middle*

Gedan *low*

Mae geri *front kick*

Mawashi geri *roundhouse kick*

Yoko geri *side kick*

Ushiro geri *spinning back kick*

Ura mawashi geri *hook kick*

Ashi barai *foot sweep*