

# **KWANMUKAN VARIABLE IPPON KUMITE TECHNIQUES**

**The following pages present the intermediate Variable Ippon Kumite Drill standards. They are representative patterns for a variety of realistic self defense actions.**

**The forms in pictures begin on page 9.**



Hanshi Anderson practicing Ippon Kumite at Fairlawn gym, 1970

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# INTRODUCTION TO THE VARIABLE IPPON KUMITE DRILLS

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The purpose of these techniques is to give you the tools to defend yourself, family, neighborhood, country and yourself in a prudent and lawful manner if a dangerous or life threatening situation might arise.

The purpose of these techniques is to provide you with methods of using your karate skills to defend your family, neighborhood, country, and yourself in a prudent and lawful manner in dangerous or life threatening situations.

These techniques are not to be used aggressively or against people who are not posing a real threat. In nearly all cases it is better to call law-enforcement authorities who are prepared to handle violent situations and are protected by the law. If you take situations into your own hands, be prepared to face stiff inquiries about your motives along with a possible court action. All that being said, sometimes there is no hope of defense for those things you hold dear except for you yourself and you should accordingly prepare yourself to rise to the occasion.

The techniques of the Variable One-Step Fighting Patterns differ substantially from the formal and basic Thirty-two Ippon Kumite Techniques in that they introduce divergences from the standard pre-planned actions and really work against random or changing attacks.

Practicing and internalizing these patterns develops a sense of practicality; in effect a feeling of "Good!" or "Not so good!" For the well initiated who find themselves in situations of serious conflict, the possible paths of resolution just feel right or they don't. Fighters who have learned to "read" their opponents and listen to their own bodies, learn to depend on these feelings. An example of this feeling of proper or improper can be found in the everyday use of the pronouns "I" and "me" in the English language. For example, it just feels right to say "Mike sent a card to Carol and I." "Carol and me" is more correct from the parsing standpoint, but sounds awkward. It also just feels right to answer the phone question: "is George there?" with "Yes, it's me." Of course, the correct usage is "it is I," but that just sounds wrong.

These drills help to create the sense of "feel right or don't" in serious confrontations. Kicking the opponent's legs, using your knees to strike the thighs, neck cranking, throat grabbing, devastating stomps, and finishing throws are used in various combinations to set in place the feeling of "good or not so good." When this sense is developed, the student can and should practice reassembling the techniques to fit different kinds of street attacks.

To make teaching easy, the Variable One-Steps are initially taught in the classic One-Step Fighting arrangement, which begins with the attacker positioned with the left foot forward and the right hand ready to lunge forward and strike in concert with a step from the back foot. Although the attack may be begun with any kind of forward lunge, for easy presentation we have set them to be delivered with a lunge punch with the right hand.

Mixing up or varying the attacks requires a new ordering or recombination of the planned defenses. The ability to do this resetting of patterns is a very important objective of these drills, but if introduced at the start, the ability to feel the underlying patterns is made unduly complicated. The actions in these drills are arranged here for easy practice but can be recombined to fit your gut feeling of good or bad and to adjust to almost any kind attack.

When the presented Variable One-Steps are fully learned and the habits imbedded, the attacks may be altered. At that time in your training you should practice without announcing the type of forward movement you will use or whether it will come from the right or left. Practice blending segments of the different Variable One-Steps. Try putting them into different situations.

To restate the above, the Variable One-Step Patterns are of real use in setting in place habits that permit the study of dealing with random attacks. In such cases, the principles and techniques of these defense patterns can be reformed into any combination and the best line of defense realized.

Most of these techniques are seldom practiced and are forbidden in general sparring for fear of injury. Done in the set manner presented here, they do not take the place of or eliminate the need for sparring, but simply stand as necessary pattern studies for those of us that are serious about defending ourselves.

These patterns should be performed from a relaxed fighting posture with the defender in a basic high ready posture with the set hand held forward. Do not use the Basic Ippon technique approach with its fixed posture of both hands clenched and body facing squarely forward toward the opponent.

Try to introduce some degree of realism to your practice. The attacks should be initiated as a surprise and the defense done as if reacting to a real attack. These techniques can also be staged from a street-fighting situation and even while dressed in street clothes or perhaps outside and wearing winter gear. Don't be afraid to experiment.

The correct movement of the body while dropping, rising, and turning is critical in developing maximum effectiveness. Great care should be taken that the body posture is suited to the technique, the hips turn properly, and that the body shifts to

achieve the angle needed to generate maximum force.

Controlled energetic activity is needed from both performers to enable learning and understanding. To make practice meaningful, you and your partner should pantomime as much realism as possible clear through to the end of the drill. It stands to reason that you must control your strikes without making them slow or insipid, but even though not "done in," your partner must make a mock reaction and not just smother the situation.

In real life, if the attacker is wiped out before the attack sequence is finished, you would just turn your attention to the next opponent and if none, depart the scene as fast as possible. When you are far enough away to avoid complications, it is proper to call for help for your downed opponent. In practice, if your opponent falls to the ground and/or cowers (as is the habit of some unstudied practitioner), just consider that part of the drill complete.

Unlike the Basic Ippon sequences, many of the counter-blows of the Variable One-Step Patterns are delivered with a powerful upward action, pushed off from the floor by the driving leg. High velocity circular swooping actions are also used and they are driven a strong shift of the hips. "Driven" is the word!

Speed, power, and snap are important, of course, but the timing of the actions and the driving of the techniques from the stances are critical. Rushing, trying to be overly quick, jerky or awkward movements, and misplaced body relationships will deliver less than the desired results.

While executing multiple hits, give your opponent time to react and "open up the door" to the next technique. Working the techniques of these drills is like running through several rooms in sequence with each door closing as you pass through and another opening in due course. If the doors are not open, you cannot pass and obviously should not try to move through. Don't be like the fighters who make dazzling faking actions but don't wait for their opponents to react before attacking. Many hands have been injured on elbows because of lack of attention to this detail. Experienced fighters who like to win, seldom make this serious training error.

As a final note, these techniques should be practiced until they can be done with balance, power, and quickness. Only then will the Technical Committee of the Kwanmukan be satisfied that you understand this portion of your training. When your techniques have been examined and approved, then your Shihan will advance you to other important advanced studies.

As these patterns are not suitable for beginners and require a great deal of proctoring, it is very difficult to fit them into the ordinary daily karate workout. For this reason, students are encouraged to attend the monthly work sessions at the main Gymnasium of Kwanmukan, the three times a year classes which are part of the

Promotionals, and to look forward and plan to attend the National Symposiums.

Tapes of these work sessions are usually available and may be purchased from Headquarters for about \$25. The videos are about ninety minutes and show the in-class training during the work session, Problems in doing the techniques, misunderstanding of angles and targets, corrections of student errors, and the proper way to do the patterns is clearly shown.

It should be stressed that these are tapes of the actual training itself and are not free from the normal errors of human performance. The actions are not posed, redone, or edited to make them look more dynamic or technically proper. We feel that the raw footage will help clarify the material presented and make the past to learning more complete.

**REMEMBER THE PRINCIPLES OF VIOLENT ENCOUNTERS:**

Surprise,

Quickness

Violence of the Attack.



## **ESSENTIAL PERFORMANCE REQUIREMENTS AND TIPS FOR VARIABLE IPPON KUMITE PRACTICE**

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1. Stances are really unimportant except that they move the body. When pushing up or forward you should be firmly rooted but still able to move quickly if necessary. When pushing down, you must not try to root but again be ready to move or deliver techniques such as knee strikes in a rising manner. When moving in any direction, especially backward or forward, make certain that your feet are not set in such a way that pivoting is made difficult.
2. Speed is mainly important for generating forceful strikes. Move the hara properly and with deliberate and purposeful speed. Do not rush or hurry the individual actions. Take care to assure that the individual components are cleanly executed and are absolute in concept. When you hit, turn on the “steam.”
3. Proper breathing is vital for all your techniques. Make absolutely certain that you do not hold your breath or inhale at a time that increases your vulnerability.
4. Make all shouts with stunning and truly debilitating force and with the quality of a third level *kiiai*.
5. To achieve maximum strength, use your waist, hips, and even your shoulders. Keeping your body upright is not really that important, just make sure you are not bending in a way that nullifies your objectives or precludes continued actions.
6. The weapon chosen for striking of any kind should be forged on the striking board so that the action does not cause you more damage than your opponent.
7. The optimum angle and direction of attacks and strikes must be completely understood and mastered.
8. Practice the techniques with different partners—bigger than you, smaller, faster, slower, stronger, weaker, and of different grades of advancement.

Some critical factors affecting the functionality of technique:

1. Angle of the attack
2. Balance of continued action
3. Possibility of continued necessary actions
4. Ability to apply different levels of technique from disabling to lethal.
5. Movement of the hara
6. And as always, community ethics, civil liability, morality, and just simply, the sense of the thing from different perspectives, i.e. spectators, police, lawyers, family, etc.

## **Slip and block, deep punch, punch to head knee strike, forearm strike, stomp**

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- 1. Standing right foot forward, step back with the left and make a high-section inside outer-forearm block. This block is merely to pass the punch in front of you and should not be lingered on.***
- 2. With the left foot, make a deep lunge to the left oblique and immediately, almost in the same action, deliver a right punch to the floating ribs. Be careful that you come in under the hand and do not collide fists.***
- 3. Continue the action a strong pivot clock-wise and hit with a left high-section punch to the head.***
- 4. Immediately continue with a hard knee to the thigh.***
- 5. Pivot counter-clockwise and deliver a strong high-section right forearm (or ridge-hand) strike driving the opponent backwards and down.***
- 6. Finish with a strong stomp to a vital area.***



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# VARIABLE IPPON DRILL # 1

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## **Skip to side, roundhouse-kick, back-turning-kick, punch, knee, forearm strike, and stomp**

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- 1. Standing right foot forward, skip out to the left oblique with the left foot and almost in the same action deliver a right foot pickup roundhouse-kick to the body. To make sure the kick has enough power, get your body behind it.*
- 2. Continue turning counter-clockwise and deliver a left foot thrust-back-kick to the ribs. To do this you have to chamber high and after the kick set the foot down into a modified front stance.*
- 3. Continue turning counter-clockwise and deliver right hand punch to the head or body.*
- 4. Right after the punch continue with a hard knee to the thigh. If you can grab the opponent , it will help with the knee strike.*
- 5. Pivot counter-clockwise and deliver a strong high-section right forearm (or ridge-hand) strike driving the opponent backwards and down.*
- 6. Finish with a strong stomp to a vital area.*

# VARIABLE IPPON DRILL # 2



## **Slip to cat stance and front kick, punch, knee kick, forearm strike, and stomp**

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- 1. Step to left forming a left cat stance (right foot forward) while at the same time executing a right knife-hand block and grasping the wrist if possible.***
- 2. Next: Follow immediately with a strong right leg front kick under the arm of the opponent.***
- 3. Next: Pulling down on the grasped arm, drive a left hand punch over the arm to the head, driving it back.***
- 4. Next: Follow immediately with a left knee strike to the thigh of the attacker.***
- 5. Next: As the attacker reacts to the strong leg displacement, turn clockwise with a very strong twist of the waist and deliver a right forearm or ridgehand attack to the upper section.***
- 6. Next: Follow though with a throw and a stomp.***

# VARIABLE IPPON DRILL # 3



## **Shift step, left punch, right punch, draw and kick, throw, and stomp**

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- 1. Standing right foot forward, as the attack come in, lower the body )bob or duck) down to the left while shifting the left foot slightly out on the oblique and deliver a right mid-section punch to the floating ribs.*
- 2. Continue the action standing up and with a clock-wise turn delivers left high-section punch to the head.*
- 3. Follow immediately with a left knee strike to the thigh of the attacker.*
- 4. As the attacker reacts to the strong leg displacement, turn clockwise with a very strong twist of the waist and deliver a right forearm/ridgehand attack to the upper section.*
- 5. Follow though with a throw and a stomp.*

# VARIABLE IPPON DRILL # 4



Optional Tani-Otoshi,  
(Sacrifice throw to the rear)

## **Inside defend, palm strike, left rib punch, throat grab, knee, and neck crank**

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- 1. Step back into a right back stance and execute a left high-section outer forearm defend, perhaps jamming a bit more than normal.*
- 2. Drop the body into a deeper left back/fixed stand and immediately execute a right hand palm up punch (45°) to the central lower rib cage.*
- 3. Follow immediately with a left hand vertical fist punch circling and hitting the rib cage while shifting the right foot to the right about 25°. Both hand strikes should be aimed through the body to the solar plexus and should be done with a very hard short clipping action.*
- 4. In a rapid motion, pull the left foot back and to the right about 30°, and execute a very fast right foot front-kick. The kick should be to the best available target. The pull back allows for the proper front kick range and angle and is best done with a fast skipping action*
- 5. From this position you can pivot counter-clockwise, setting your feet close together and inside the opponents, and perform a shoulder throw.*
- 6. End with a heel-foot stomp to the most vital target available.*



# VARIABLE IPPON DRILL #5



## **Slap, smack, choke, knee, and head crank**

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- 1. Step back with the left foot into a rather high back stance (in the basic standard pattern) and execute a right slap-hand high-section inside block. Strike hard and fast with the palm, bouncing the palm off the attacking arm to a position right between you and your opponent. Don't let your defending hand lay on your opponents arm.***
- 2. Slide into a lower fixed stance and deliver a right hand palm heel thrust to the junction between the opponents nose and forehead, between the eyes.***
- 3. Lower the body and immediately twist the waist to deliver a left-hand vertical-fist punch to the lower ribs.***
- 4. Snap into an upright natural-stance and drive a claw hand into the opponents throat, gripping tightly with the thumb and forefinger. This action should be strong enough to bow the opponent backwards.***
- 5. Keeping the grip strong, drive a knee into the opponents hip joint on the groin side, pushing the upper thigh and hip outward and destroying the balance.***
- 6. As the opponent leg is moved out to the left and he starts to fall forward, raise your right hand and loop it up and over the neck. Grasp your palm with the other hand move into a strong neck crank or face lock.***

# VARIABLE IPPON DRILL #6



## **Turning elbow strike, groin strike, backfist, and throw**

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- 1. Turn forward in to the attack and to the right oblique and execute a right forearm, upper-arm, or shoulder pushing or drawing block and continue turning until you are in a high fixed stance with the left foot behind the right on the oblique and with both feet in front of and parallel to the attackers stance. In the same action deliver a powerful right elbow strike into the opponents exposed solar plexus. All this should be done in a single coordinated action.***
- 2. Follow immediately with a vertical back-hand or back-fist to the face.***
- 3. Follow immediately with a knife hand or hammer strike to the opponents groin.***
- 4. Grab the left hand of the opponent, the back, or whatever and drive a side kick back through the legs so that the opponent rests on your right upper thigh and you are facing away from the attacker - and execute a full throw, (Uchi-mata).***
- 5. Finish with a stomp.***

# VARIABLE IPPON DRILL # 7



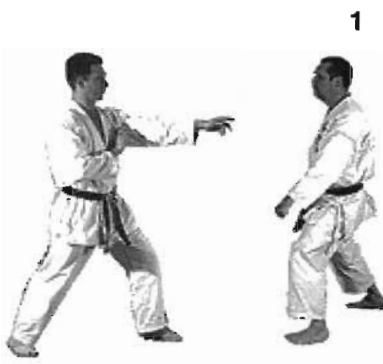
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## **Jam, draw and palm heel, punch pull and knife hand, pull and hammer fist, palm heel to chest, throw and stomp**

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- 1. Starting from a left foot forward position, step slightly back setting the weight on the right foot and keeping the body high. At the same time draw the left hand back in a high-section back bent wrist block to slip or re-direct the income attack. Some people like to think of this as a bird-beak-hand (crane fist). This is a this drawing block. Keep your elbow toward the inside.*
- 2. Follow in the same action with a palm strike with the same hand to the face between the eyes and almost in the same action by a mid-section punch in the Chinese fashion with the left hand slapping off the right biceps.*
- 3. In the same action as above the left hand leaves the biceps in a kind of reflex action and lower your body even further and deliver a left knife-hand strike across your opponents jaw.*
- 4. Lower your body into a yet deeper horse stance while moving your left foot obliquely to the left, in effect pushing into your attacker. In the same action, drive a powerful left hammer-fist strike down into your opponents neck area.*
- 5. Pivoting your stance directly toward the opponent, slide your left hand behind him and execute a strong rising right hand palm-strike upward into his solar plexus. If you cannot get your left hand behind your opponent just grab something. This helps to keep the closure.*
- 6. Grab your opponent and perform a rear-separation--tani-otoshi-- throw.*
- 7. Option Pivoting your stance directly into the opponent and execute a left knee upsetting strike to the opponents exposed thigh. In some cases your right knee can attack the abdomen and the back is then exposed to a following attack.*

# VARIABLE IPPON DRILL # 8



## **Kick to arm, back kick, and leg kick against a hand attack or a back foot round house**

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- 1. As the attack comes in, block with a right leg crescent kick intercepting the forearm or the inner thigh counter (in the basic standard pattern). As the attack begins and you estimate the distance, you must position your supporting leg so that the correct distance is maintained.***
- 2. Continue turning and set the right foot down in what was behind you and now is in front of you . Your kicking foot should now be placed “away” from your opponent.***
- 3. Bounce your right foot off the floor or do a fast jig step and poke (drive) a strong back kick into your opponent at whatever target is available.***
- 4. Set your right kicking foot down obliquely to your rear and pivot clockwise so that you can drive a strong kick to your opponents leading leg. This kick should be done from the an angle inside the opponents balance line. Try not to be hit from the rear.***
- 5. Execute a strike and throw.***



# VARIABLE IPPON DRILL # 9



1



2



3



4



5



6

## **Oblique elbow strike, hit to ear against a hand attack or a back foot round house**

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- 1. As the attack comes in, make a BIG step out with the right foot to the right oblique (as if to pass the opponent on the right) and drive a left horizontal elbow smash to the throat checking attackers forward progress.***
- 2. Pivot counter-clockwise sharply and drive a right hand fist in an arcing circular action to a point just behind the attackers left ear.***
- 3. Grab your opponent with the right hand and place your left hand under his punching arm and then pull deliver a strong knee kick to the groin area while pulling him toward you, driving the leg out and up.***
- 4. Optional: When your opponent bends over to a neck crank.***
- 4. Optional: Deliver a strong attack to the back of the neck or to the most advantageous exposed area.***

# VARIABLE IPPON DRILL #10

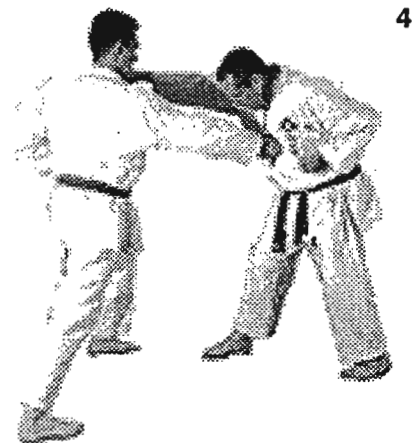
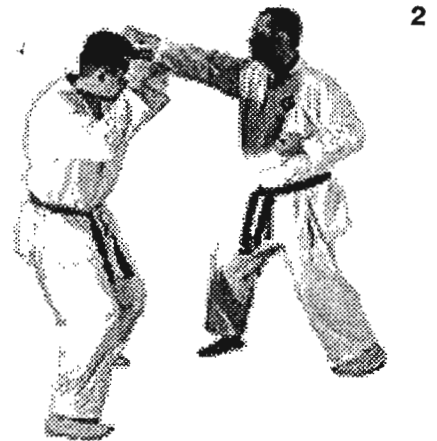
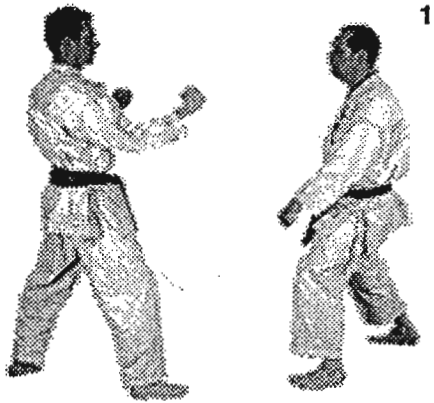


## **Drive direct punch to face, to body, front kick step back and side kick**

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- 1. Assume a both-hands covering posture with the clenched hands held high and close to the head and the elbow forming a triangle with the hands, the head is protected within this triangle. From this position, blocking is done by bobbing and weaving and using the elbows to parry incoming blows.**
  
- 2. As the attack comes in, bob or weave your body to your low right quarter (be sure to bend your knees) and when the punch is slipped turn quickly and while rising drive a right hand punch to the head.**
  
- 3. Pivot your body back and deliver a straight left punch to the head.**
  
- . Slide the left foot slightly back and deliver a strong lower leg kick to the opponents right thigh.**
  
- 5. Finish it off by stepping back and then in with a strong right side kick.**
  
- 6. Option: A throw is optional as before .**

# VARIABLE IPPON DRILL # 11

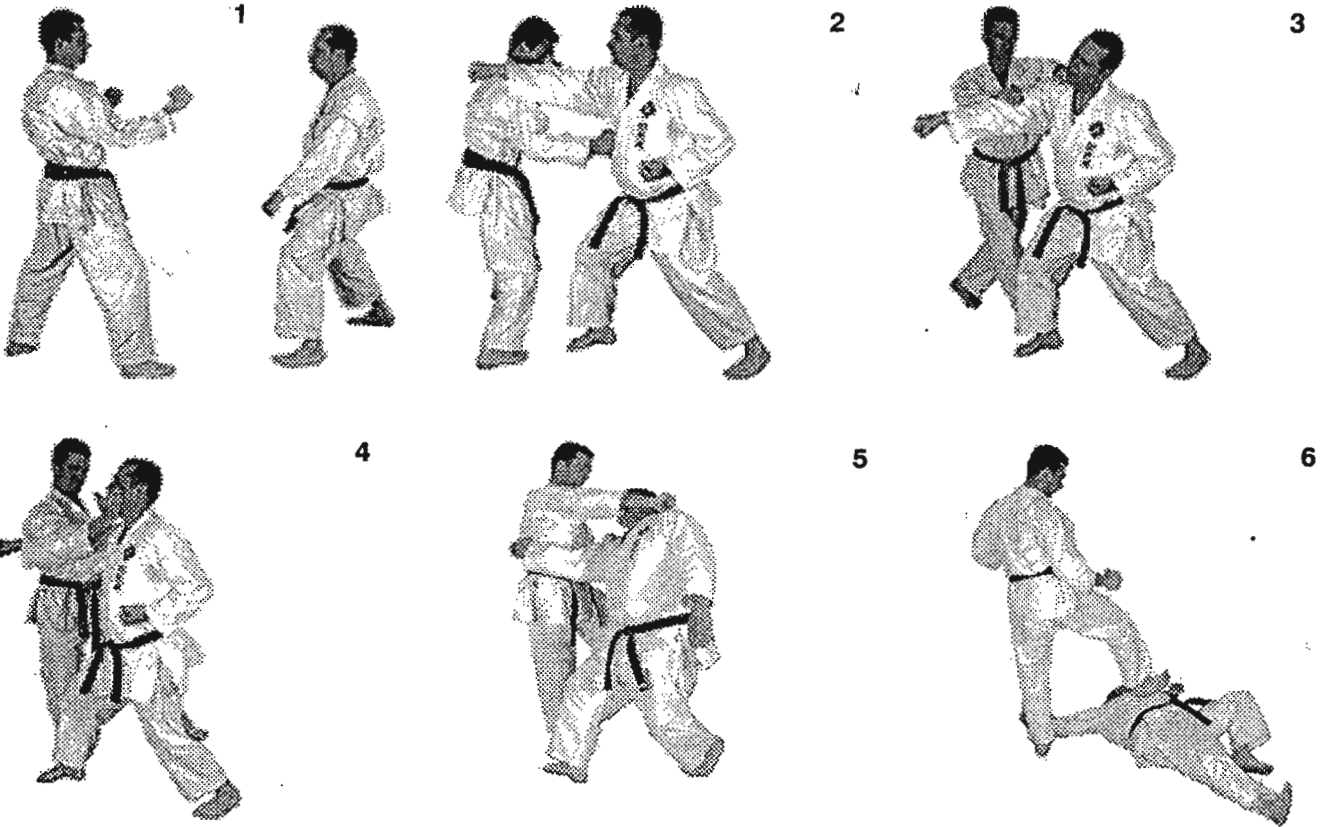


## **Crouch to left, punch and tani-otoshi against a hand attack**

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- 1. With the left foot and hand slightly forward, hands in ready position As the attack comes in, adjust feet as necessary and crouch down in a twisting or weaving action moving the torso to the left and under the punch, and at the same time, deliver a hard short right-hand punch to the floating ribs.*
- 2. Step through with the right foot in a forward cross-step and punch again with the left hand. If you are well behind the opponent or he might have turned in the delivery of the first attack, then this step can be omitted.*
- 3. Lift your left leg and deliver a stomping blow to the back of the leg of the attacker, dropping him.*
- 4. Option: This is really a Tani-otoshi throw and can be done in one action. In real combat, drive your opponents head directly to the ground and recover your feet ASAP.*
- 5. In almost the same action, shift your body sharply counter-clockwise and deliver a hard inner forearm blow to the upper-section of your falling opponent.*
- 6. Next: Finish off with a strong stomp to the best target available.*

# VARIABLE IPPON DRILL # 12



Optional



## **Bob low to right, snap punch to face, side kick**

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- 1. Assume a both hands covering posture with the clenched hands held high and close to the head and the elbow forming a triangle with the hands, the head is protected within this triangle. From this position, blocking is done by bobbing and weaving and using the elbows to parry incoming blows.*
- 2. As the attack comes in, bob or weave your body to your low right quarter (be sure to bend your knees) and when the punch is slipped turn quickly and drive upward delivering a right hand punch to the head.*
- 3. Pivot your body back and deliver a straight left punch to the head.*
- 4. In almost the same action, slide your left foot back and deliver a strong lower leg kick to your opponents right thigh area.*
- 5. You can finish as before with a step-over side kick, throw, or neck crank.*



# VARIABLE IPPON DRILL # 13



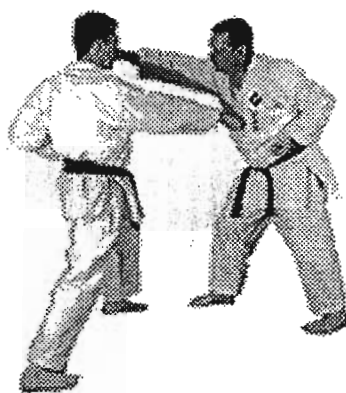
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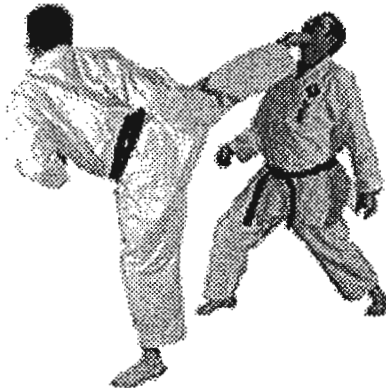
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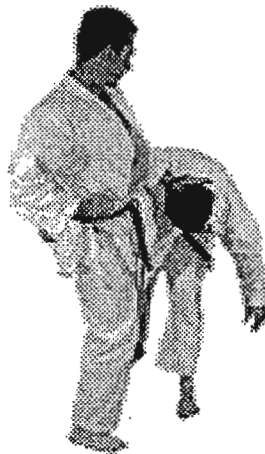
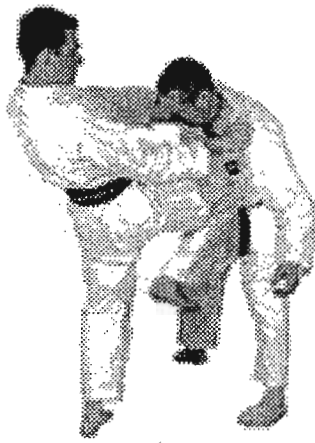
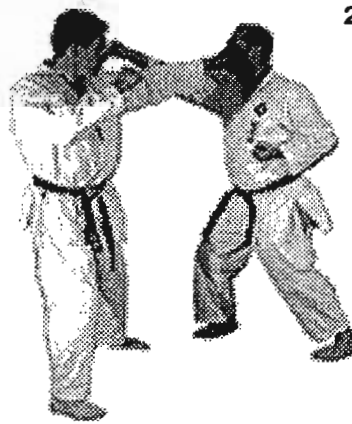
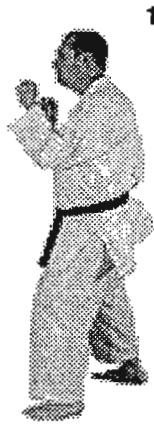


## **Double bobbing block, head butt, knee and hammer fist to neck**

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- 1. Assume a both-hands covering posture with the clenched hands held high and close to the head and the elbow forming a triangle with the hands, the head is protected within this triangle. From this position, blocking is done by bobbing and weaving and using the elbows to parry incoming blows.***
- 2. As the attack comes in, bob and drive your body forward to smother the blow.***
- 3. Grasp your opponents left lapels near the neck and push the head slightly backward and drive a strong head butt into your opponents face. If the head does not go back, move on to the next technique.***
- 4. Still holding on, pull slightly back and drive forward to deliver a strong low-section knee smash.***
- 5. Release your left grip and while still on the inside and holding with the right, drive a strong left vertical elbow into the right side of your opponents head.***
- 6. Shove your opponent further to your right and finish in off with a right hammer-fist strike to the back of the neck.***

# VARIABLE IPPON DRILL # 14

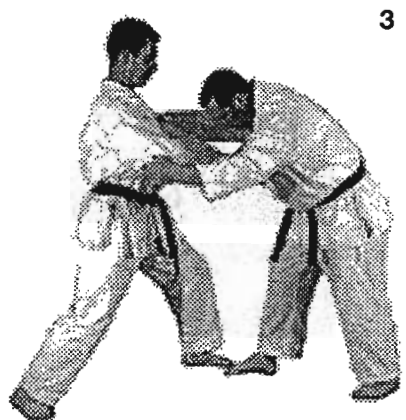
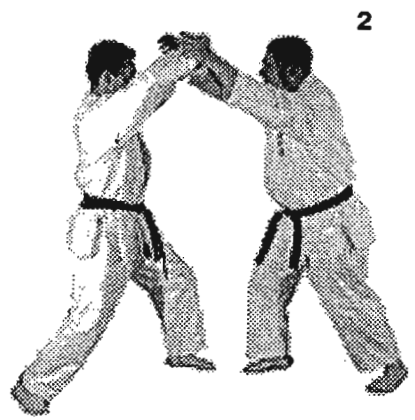
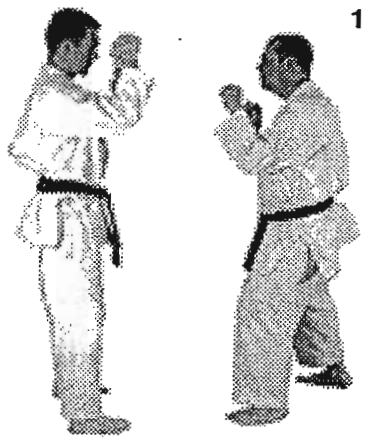


## **Double bobbing block and circle upset punch like a Bassai-dai action—against grabbing attack**

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- 1. As the attack comes in drive a double forearm clenched fist double block upward on the inside.*
- 2. Circle your hands back to your low section and drive a double upset punch to your opponents mid-section. Use a strong forward stance. (This is like Bassai-Dai)*
- 3. Pull slightly back and with a thrust of your shoulder drive a strong punch to your opponent between the eyes.*
- 4. Turn your body and execute a knee kick with your which ever leg is in the best position.*
- 5. Execute a right leg kick.*
- 5. Finish it off*

# VARIABLE IPPON DRILL # 15

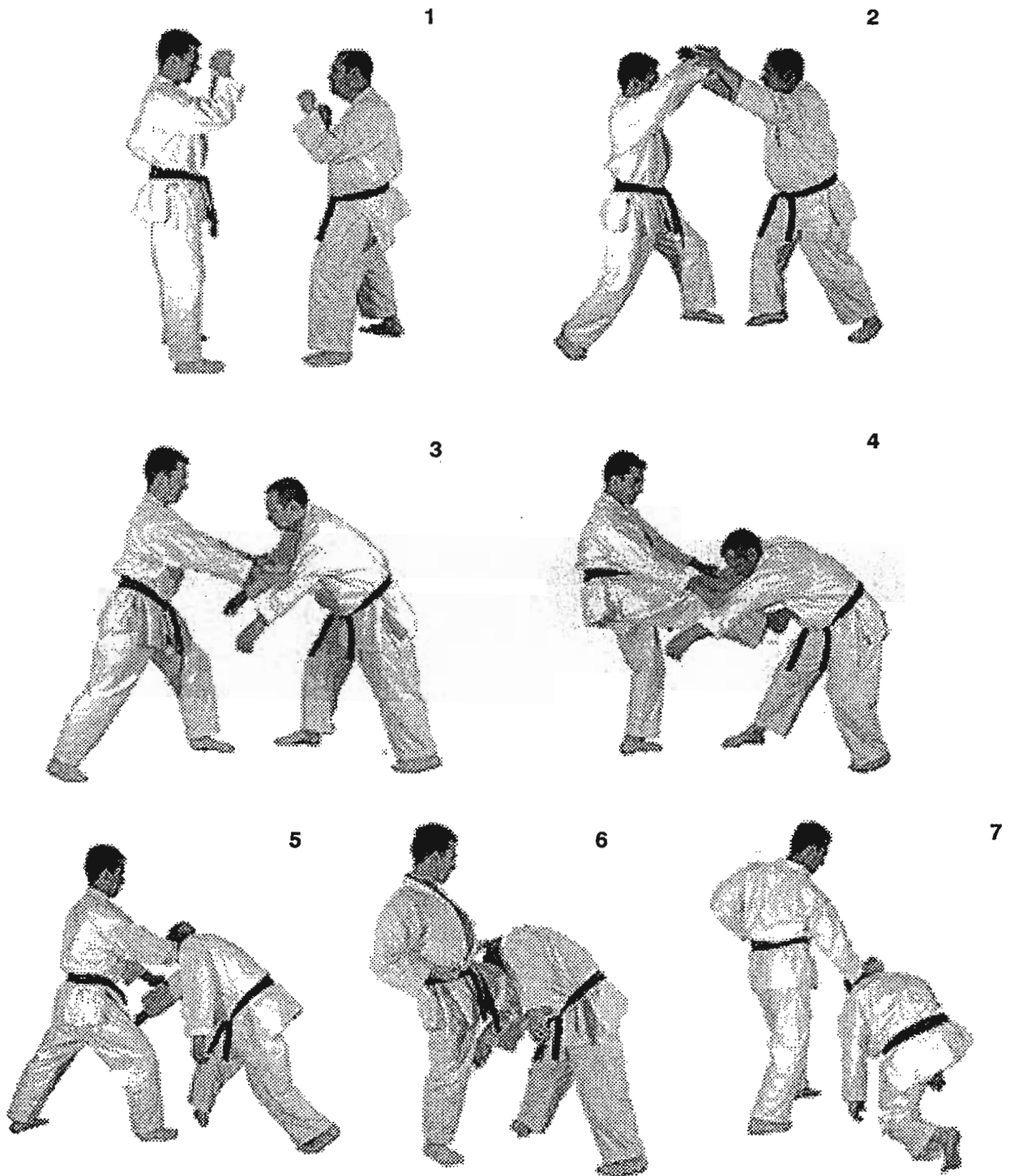


## **Double bobbing block and circle and punch like in Jion kata—against a grabbing attack**

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- 1. As the attack comes in drive a double forearm clenched fist double block upward.*
- 2. Move your hands out and grab your opponents forearms near the elbows and pull down and back hard.*
- 3. Drive a strong right-foot front kick into the solar plexus.*
- 4. Release your right hand grip and drive a very short hard right palm-heel cuff to the left side of your opponents head, snapping it directly to his right and to your left.*
- 5. Holding the head down, drive a knee strike into the upper body of the attacker. Left knee is the best but if the angle is not right, use your right knee.*
- 6. Still holding the head down, switch hands and deliver a strong hammer fist to the base of the neck.*

# VARIABLE IPPON DRILL # 16



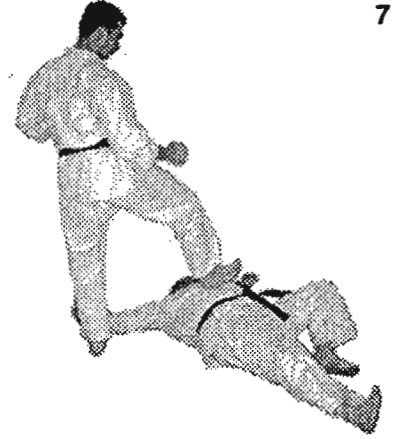
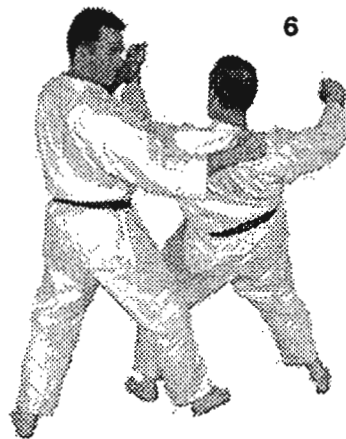
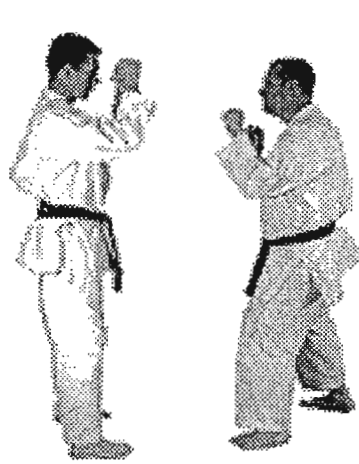
## **Bob to lower right, arm bar, knee against a left hand attack**

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- 1. Assume a both-hands covering posture with the clenched hands held high and close to the head and the elbow forming a triangle with the hands, the head is protected within this triangle. From this position, blocking is done by bobbing and weaving and using the elbows to parry incoming blows.*
- 2. As the attack comes in from the opponents left, drop, weave, or bob your body to your lower right front quarter*
- 3. Immediately snap straight and cover attacking arm with your left hand while striking and pressing forward and down and on the attacker between the shoulder and elbow. Use your right forearm close to your elbow.*
- 4. Deliver a very strong knee strike to the left thigh of your opponent.*
- 5. Next: Deliver a very strong rising knee smash to the twisting torso of your opponent.*
- 6. Next: Finish it as before.*



# VARIABLE IPPON DRILL # 17

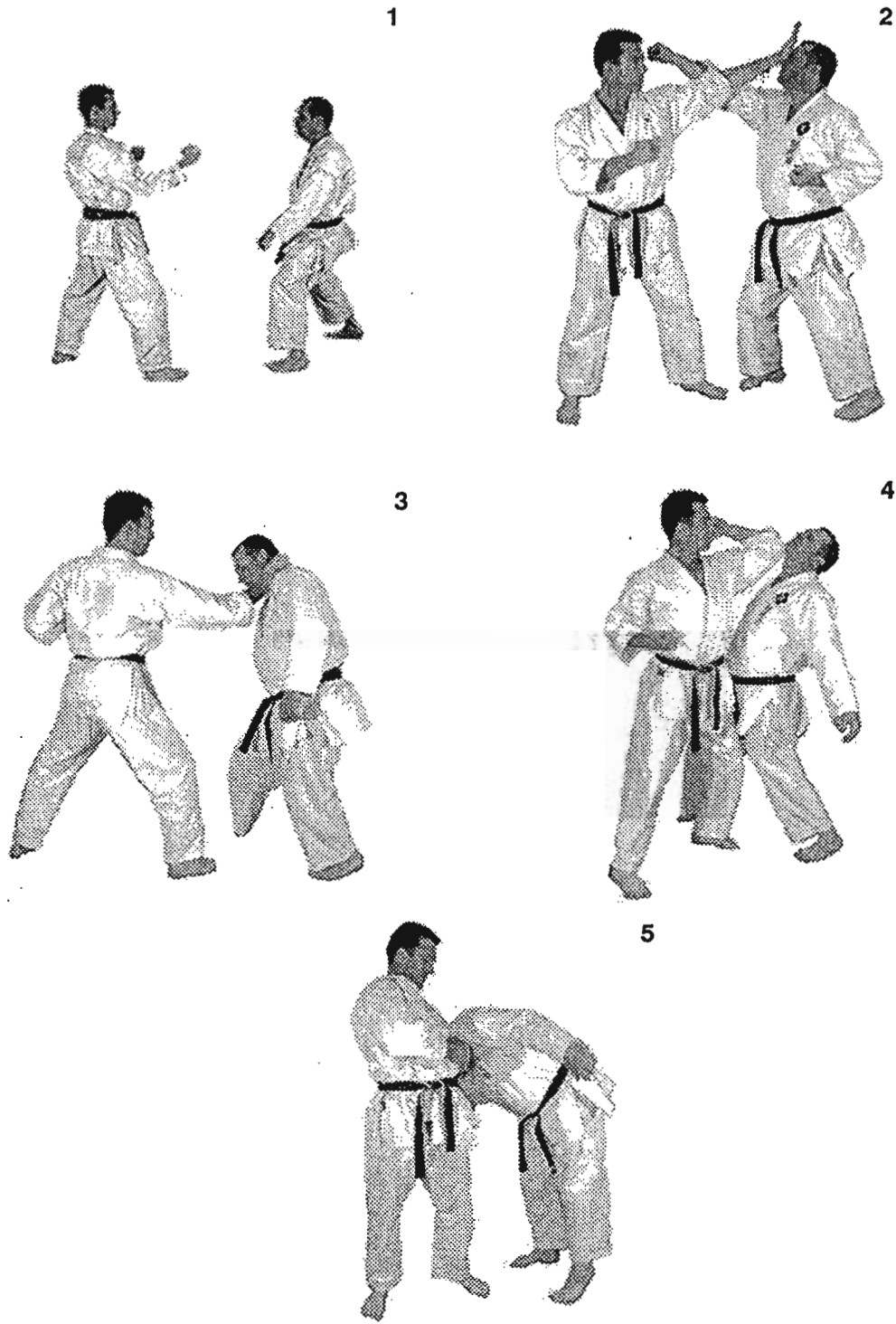


## **Stiff arm to nose, shuto, elbow and neck crank**

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- 1. Stand with right leg forward*
- 2. As attack comes in, step in with left leg and deliver a stiff arm palm heel strike to the face between the eyes at the bridge of the nose. Be careful to start with the elbow down and in. The resulting push out will parry the incoming blow.*
- 3. Step in with your right foot as the opponents moves back and deliver a hard right-hand knife-hand strike to the collar bone.*
- 4. Move in further with a skip and hit the groin area very hard with your left knee.*
- 5. Next While still pushing forward, drive a left-elbow vertical-elbow strike to the head.*
- 6. While still pushing forward, slide to the right and under the right arm of your opponent while grasping him around the neck in a basic hugging choke. Use your forearm as if it were a club. You should have is right arm up in the air and you should be encircling his arm and neck and squeezing like mad.*

# VARIABLE IPPON DRILL # 18



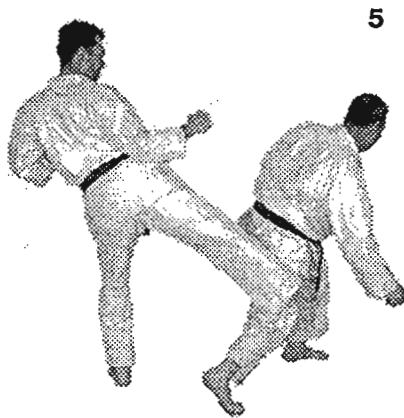
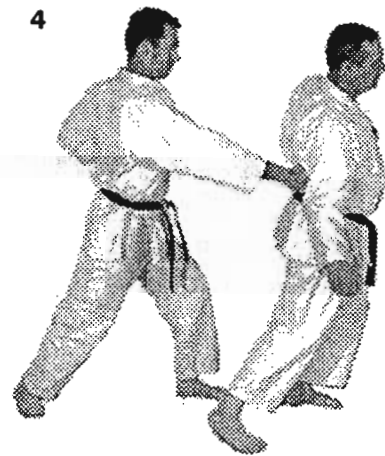
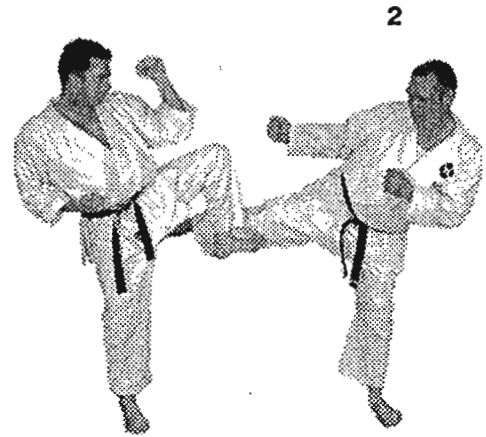
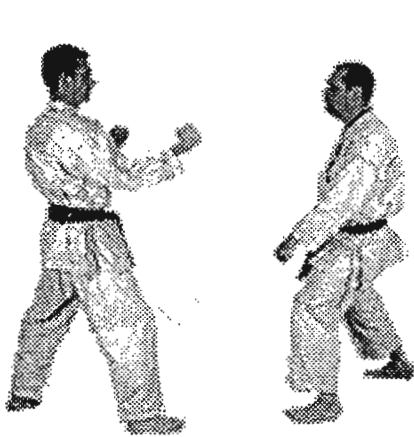
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## **Same side vertical forearm with same side shin block, left hand parry, punch and knee kick against high or low round kick**

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- 1. As the attack comes in raise the left knee thigh to catch or check the kick and position the right arm directly vertically over the knee, in effect forming a wall.*
  
- 2. Clear the action with a left hand slapping action, and try to turn opponent.*
  
- 3. Drive a strong right hand atemi to the best available target.*
  
- 4. Step back, look, and drive a very hard shin kick at any available target.*
  
- 53 Finish it off as in any previous action.*

# VARIABLE IPPON DRILL # 19

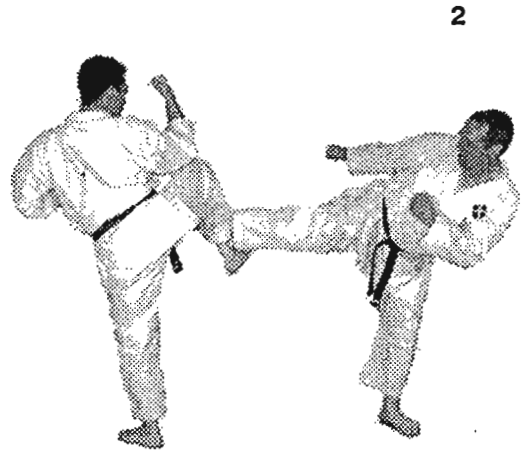
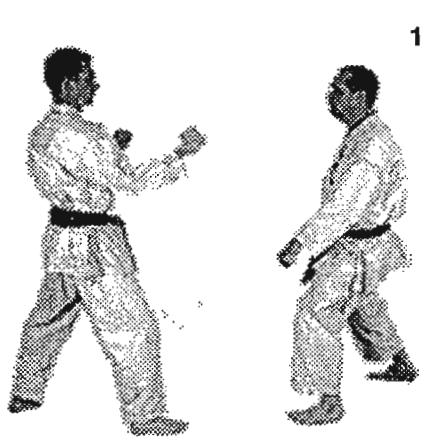


## **Cross body body vertical forearm with shin block, grab, turn and back kick against round-kick**

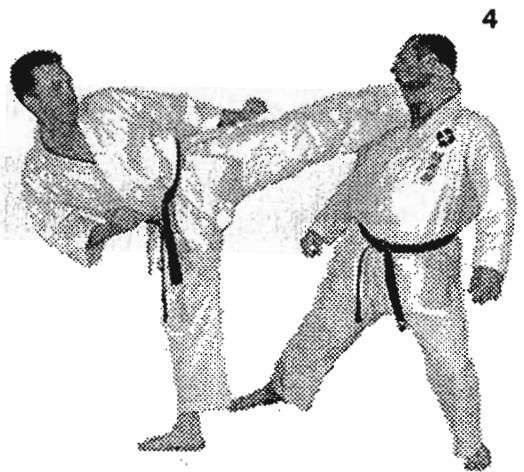
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- 1. As the attack comes in raise the right knee to catch or check the kick and position the right arm directly vertically over the knee, in effect forming a wall.*
- 2. Keep turning and set your foot down behind and away from you to set the distance for the turning back kick.*
- 3. Pick up the left foot to a high chamber for a turning kick.*
- 4. Drive a strong back kick or turning kick to the head, body, or groin area according to your ability.*
- 5. Step back, look, and drive a very hard shin kick at any available target*
- 6. Finish it off in any manner shown before.*

# VARIABLE IPPON DRILL # 20



This is the kick in progress and not completely turned around yet.



Completed kick.



