

Yakusoku Kumite (37 Forms of Defense)

1. Double forearm deflection while pivoting left into zenkutsu-dachi, followed with right backfist to opponent's head.
2. Step left into shiko-dachi directly behind opponent executing double elbow strike.
3. Same as #2 and execute left palm heel strike to opponent's right shoulder blade.
4. Step left into shiko-dachi directly behind opponent's striking forearm, execute downward deflection with ridge of both hands at pressure points. Follow with shuto back hand to face.
5. Step left into shiko-dachi, trapping opponent's right arm above and below opponent's elbow. Your arms held vertical on opposing sides of opponent's arm.
6. Step left into shiko-dachi, with left outside chudan uke, deflecting opponents punch, and right punch to kidney.
7. Step to left into shiko-dachi, deflecting opponent's punch downward with left C-clamp motion as right hand with index and middle finger nukite passes over to opponent's eyes.
8. Step back and 45 degrees left in neko-dachi with right-uraken backfist to opponent's forearm, then lunge forward into shiko-dachi with right index and middle finger nukite to opponent's eyes.
9. Step back and 45 degrees to left in neko-dachi with open knuckle fist to back of opponent's right fist, lunge forward into shiko-dachi with right palm heel strike to opponent's forehead.
10. Pivot to right, using left open hand to deflect opponent's right fist, then pivot to left while executing right shuto uchi to opponent's neck. End up in zenkutsu-dachi.
11. Step back and 45 degrees to left with right mae geri to opponent's kidney.
12. Lunge back to left 45 degrees into shiko-dachi followed by jump side kick forward with right leg to opponent's head.

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13. Pivot to left into zenkutsu-dachi while executing inside ridge hand (haito uchi) to opponent' tricep at armpit.
14. Pivot to left into into lower zenkutsu-dachi while striking with right fist to opponent's kidney, then right age uke.
15. Pivot to left into lowest zenkutsu-dachi while executing right back fist to opponent's groin.
16. Step left, directly behind opponent's body into shiko-dachi, executing double elbow strike (ushiro empi uchi to spine), face looking over your right shoulder at opponent.
17. Step right, directly in front of opponent into shiko-dachi, looking over left shoulder at opponent, executing double elbow strike to opponent's midsection.
18. Step right, directly in front of opponent's midsection into shiko-dachi while executing mawashi empi uchi.
19. Slide left foot behind right leg while executing left middle block and right upper deflecting block, then mae geri with left foot, stepping forward and down executing right shuto uchi.
20. Step right with left instep mae geri to opponent's groin.
21. Pivot left into zenkutsu-dachi, deflecting punch with right outside forearm, then execute right backfist to opponent's face.
22. Step right into shiko-dachi to face opponent's punching arm while executing left chudan uke and right reverse punch to opponent's midsection.
23. Step right shiko-dachi while executing right shuto uchi to opponent's neck.
24. Pivot left bringing wrists together trapping opponent's wrist (at pressure points), move hands up, right, down and left in circular motion, to swing opponent's arms to swing to left side, then execute right nukite to opponent's midsection.
25. Right crescent kick to opponent's hand, then right front kick to midsection.

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26. Step forward to outside with right foot into zenkutsu-dachi executing right chudan uke with left chudan gyaku zuki.
27. Step forward to outside with right foot into zenkutsu-dachi executing right chudan uke, right gedan barai, and right chudan gyaku zuki.
28. Step forward to inside with right foot into zenkutsu-dachi executing right jodan uke with left chudan gyaku zuki.
29. Step forward to inside with right foot into zenkutsu-dachi executing right jodan uke, then right gedan barai and right chudan gyaku zuki.
30. Step back into zenkutsu-dachi migi with double-arm upper X block, deflect opponent's right arm to left in circular movement, then execute right gyaku zuki.
31. Step back into zenkutsu-dachi migi with double-arm upper X block, then double arm lower X block.
32. Step back and 45 degrees to left into shiko-dachi executing right chudan shuto uke.
33. Step back and 45 degrees to right into shiko-dachi executing left chudan shuto uke, then move forward into shiko-dachi executing left shuto uchi to opponent's neck.
34. Pivot to left into zenkutsu-dachi executing right chudan outside forearm block, then right backfist to opponent's head.
35. Pivot to left with right block, then pivot to right while executing left chudan gyaku zuki.
36. Shift down into shiko-dachi with left groin block right chudan gyaku zuki.
37. Step back with left foot and then execute right sokuto geri and chudan shuto uke, then step again with right foot executing left sokuto geri and chudan shuto uke.