

Kumite

At our dojo, there are many levels of kumite taught." Kumite literally means "crossing of hands" or "deciding hand". It is a restricted form of training whereby the practitioner can, in conjunction with a "partner" (not an opponent), practice karate techniques. Kumite as sparring is a useful part of training to teach reaction time, coordination, flexibility and cultivates fighting spirit.

Yakusoku Kumite

These kumite sets are exchanges of fighting techniques and are an excellent for developing strong basic technique as well as improving stances



Jiyu Kumite (free style kumite).

Jiyu-kumite means 'free sparring' and is where fighting skills are tested against another opponent so that you can constantly improve. In jiyu-kumite the karate practitioner is expected to demonstrate a variety of learned techniques, footwork, balance, fighting spirit and self-control among other things. The word free in 'free sparring' means that there are no pre-arranged attacks in this kind of sparring, instead both opponents play a game of skill, strategy and focus to try and outwit each other with their fighting ability and knowledge.



There are different kinds of jiyu-kumite. First of all there is general jiyu-kumite which is usually seen in the dojo, with two opponents trying all of their skills in a no-point, no pressure environment. The goal of this kumite is to try many different techniques and combinations against an opponent to find out what works and what doesn't. Many times we will drill with one person only being able to defend and one person only attacking. We do a great number of drills so that people become more comfortable with doing jiyu-kumite.

Iri Kumi (Okinawan Knockdown Kumite)

'Iri Kumi' in the Okinawan dialect means jiyu kumite, or free sparring. This is where heavier contact is used on the body and kicks are delivered to any area of the body including the inside and outside of the thighs, the body and the head. Full protective gear is used for this type of training but also students are always reminded of their "partner" and that they have to "hit only as hard as they are willing to be hit back." There is a great deal of conditioning and drilling used in the dojo for this type of kumite. Where jiyu kumite is sometimes based on points in competition, iri kumi is based on technique and physical conditioning.

