

# Jiyu Kumite Training Video

## DRILL 1 - Punch in place

- Allow speed to be a primary focus at times.
- For MAETE Start with both fists turned upward in front of your body and allow punching hand to only turn over at extreme end of punch.
- Don't allow punching hand to drop, pull back, or adjust even the slightest bit prior to punching.
- Punch out + return on exactly the same line.
- After focus, the returning punch moves rapidly, not casual (keeps mental focus and allows for realistic combinations).
- Head moves in alignment with the body. Don't nod or pull chin up.
- Front knee must go in slightly with each punch.
- Also try performing punches with front foot going in with each strike, then returning. Back foot stationary.

## DRILL 2 - Shuffling/Footwork

- Some developed for balance and movement dynamics, some may apply to actual pre-attack movements.
- Move your focus from speed, to balance, or to distance.
- Develop ability to punch at any time as lower body performs footwork patterns.
- When punching during a forward movement, punch ends just before front foot hits the ground.
- Use a mirror (or ask opponent) to identify any unnecessary movements and eliminate as much as possible.
- Arms must "float" and eliminate even slightest movements caused by lower body patterns.
- Learn to shuffle forward or back immediately after a side shuffle or foot change.

## DRILL 3 - Multiple Opponent Reverse Punch

- Focus primarily on speed.
- Both opponents use right hands for Maete and reverse punch or both use left.

- Each Maete attacker gets into position as fast as possible to allow an attack immediately with (1) shuffle from a dead stop.
- Experienced members go 100% with strict control – NO KIAI =NO KIME!
- Never block the maete then reverse punch. The reverse punch must be executed before the opponent is inside ma.
- Reverse punch:
  - Don't open & close fist.
  - Don't drop fist prior to punch.
  - Contact opponent just short of full extension (contact with bent elbow = a late punch).
  - Punch leaves only from point on hip (fist up) and returns rapidly after contact on same line.

#### **DRILL 4 “Ippon” Jiyu Kumite**

##### OFFENSE:

- Start each attack at MA distance.
- Develop the ability to determine if defender is staying or backing out before you initiate your attack.
- Focus on variations of only (1) technique at the time. i.e: Maete's only for a while, then frontkick variations, then backhands , etc.
- Control, but learn to attack 100% with no effect to your KIME (feeling) regardless of the opponents intent (to counter or not).

##### Key points:

- If you thought defender was going back, but stayed, and your attack was late or inside MA, you lost.
- If you thought defender was staying and he backed out (your attack fell short) you lost.

##### DEFENSE

- Start at Ma and only
  1. Stay and reverse punch, or,
  2. Back out
- Learn to mislead the attacker so the attack is delayed or falls short.
- Only stomach reverse punch initially till both develop keen sense of timing and distance (defensive upper level reverse punches generate excessive caution initially).

Key point:

- Opponent moves, you move. If you have time to wait and see the technique, you most likely were not at Ma.

### **DRILL 5 - Multiple Jiyu Kumite Exchanges**

- Best with 4-7 each opposing line.
- Not distance Jiyu Kumite. Both quickly move to Ma, take stance, begin.
- If opponent attacks first, defend or get out. Don't get caught "flat footed".
- One exchange only (focus on exchanges from Ma) then move to opposite line.
- Swap positions in line to face different opponents, if necessary.
- Develop offensive and defensive skills simultaneously.

### **DRILL 6 "Fighter in the Hole"**

- Best with groups of 4,5 or 6.
- Pair up groups may be based on size, rank, or ability.
- Each individual match can stop at ½ point or (2) ½ points, or to the end of each time period.
- 1 minute to 1½ minute rounds are best.
- If more than (1) group, a member starts each match and all groups together and times it. Each of those matches stop when required points scored or time runs out.
- If any groups finish a match quickly wait till all groups have finished that current match, then start next match together.
- Referees move in & out quickly & limit commands (rounds are short, not too much talking).
- "Fighter in the hole" faces each member in the group. Than a new fighter is put "in the hole" (This will result in all members facing each other 2 times).

## DRILL 7 - Bag Kumite

- Don't just hit the bags – strictly focus on a particular aspect.
- Focus on speed at times (not just power).
- Move from point A to point B (The bag/opponent) as fast as possible from ma.
- “What tells the opponent (bag) you're attacking at the moment” and see how many telegraphs you can eliminate.
- You must contact the bag just inside Ma. Therefore watch for “short” punches and kicks. Don't give in to the temptation to punch/kick at a closer distance.
- Use the bag (swinging and still) for 1,000's of repetitions to create well formed, well timed techniques – 2<sup>nd</sup> nature.
- Learn to attack the bag without thinking (Mid-Mind).
- Learn to attack opponents as you attack the bag:
  - Focused.
  - Uninhibited.
  - No reservations brought about by opponent's size, rank, reputation.
  - “SEE IT”.