

# Kihon Ippon Kumite (One Time Attack)

## What is Kihon Ippon Kumite

The one time attack event is an alternating attack and response, starting from a fixed initial position. It uses the same setup as regular Shotokan rank tests (for example, please see <https://www.jka.or.jp/en/about-jka/dan-ranking/>).

## Rank Divisions

The following attacks are part of the event, based on rank:

Ranks	Adults	Youth
8 Kyu and below	<ol style="list-style-type: none"><li>1. Step punch to the face (Oi-tsuki jodan)</li><li>2. Step punch to the stomach (Oi-tsuki chudan)</li></ol>	<ol style="list-style-type: none"><li>1. Step punch to the face (Oi-tsuki jodan)</li><li>2. Step punch to the stomach (Oi-tsuki chudan)</li></ol>
7-6 Kyu	N/A	<ol style="list-style-type: none"><li>1. Step punch to the face (Oi-tsuki jodan)</li><li>2. Step punch to the stomach (Oi-tsuki chudan)</li><li>3. Front snap kick to the stomach (Mae-geri chudan)</li></ol>
5-4 kyu	N/A	<ol style="list-style-type: none"><li>1. Step punch to the face (Oi-tsuki jodan)</li><li>2. Step punch to the stomach (Oi-tsuki chudan)</li><li>3. Front snap kick to the stomach (Mae-geri chudan)</li><li>4. Side thrust kick to the stomach (Yoko-kekomi-geri chudan)</li></ol>

## Main points of consideration

- Budo spirit (fighting spirit, etiquette, appearance)
- Form and transition – posture, eye vector, balance
- Todome-waza – proper technique, kime, and zanshin
- Timing – proper rhythm of attack or counter
- Ma-ai – technique applied at the appropriate distance

## Format of Competition

The event is judged similar to kata. The two competitors alternate their attacks, and at the end the referees will vote by flags for the competitor who had better performance, based on the points of consideration.

The sequence of actions for this event is as follows:

1. Red side attacks first.
2. Both competitors stand in ready position (Shizen-Tai).
3. Attacker takes distance, and steps back with downward block (gedan barai), while the defender stays in ready position (shizen-tai).
4. Attacker announces the target, and the type of attack (e.g. "Jodan Oi-tsuki" or "stepping punch to the face").
5. Defender acknowledges the attack with "Ossu!" Before this acknowledgment, the defender is allowed to adjust the distance, if he or she doesn't feel safe at the attacker's chosen distance.
6. The attacker then executes the attack, using a full step technique.
7. The defender steps away from the attack, blocking the technique and immediately following with a counter attack (single technique).
8. The competitors then change roles, and repeat the same attack.