KWF KATA

KYOKUSHIN WORLD FEDERATION

Shihan Antonio Piñero. September 2022

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PREFACE

OSU,

This document replaces the first version which you received in 2019.

It contains all kata's who are listed in the KWF syllabus including ura kata's.

This document supports instructors to teach kata in an uniform way. It describes the formal form of kata, e.g. which technics, the height of the technics, stances etc.

A second important function of this document is that this is the guide for referees. This document discribes the right technical performance of a kata during KWF-championships.

I am aware that there will always be points to discuss, or that I can describe things better or more clear. We have to realize that this document does not answer all questions. Just as we have to improve out kata daily, this document will evolve in time.



Shihan Antonio Piñero 9th dan
President of the Kyokushin World Federation

TAIKYOKU SONO ICHI (1)

FUDO DACHI - YOI

1. LEFT TURN 90º TO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
2. STEP FORWARD RIGHT/ ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.
3. RIGHT FOOT BACK TURN 180º TO RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN MAE GEDAN BARAI.
4. STEP TO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.
5. TURN 90º TO LEFT INTO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
6. STEP RIGHT/ZENKUTSU DACHI, RIGHT/ CHUDAN SEIKEN OI TSUKI.
7. STEP LEFT/ZENKUTSU DACHI, LEFT/ CHUDAN SEIKEN OI TSUKI.
8. STEP RIGHT/ZENKUTSU DACHI, RIGHT/ CHUDAN SEIKEN OI TSUKI **(KIAI).**
9. TURN WITH LEFT FOOT BACKWARDS 270º (anti clockwise) LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
10. STEP RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.
11. RIGHT/ FOOT BACK 180º TURN TO RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN MAE GEDAN BARAI.
12. STEP TO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.
13. TURN LEFT 90º TO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
14. STEP TO RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.

15. STEP TO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.

16. STEP TO RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI **(KIAI).**

17. TURN WITH LEFT FOOT BACKWARDS 270^{O} (anti clockwise)
LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.

18. STEP RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.

19. RIGHT/ FOOT BACK 180º TURN TO RIGHT/ZENKUTSU DACHI,
RIGHT/SEIKEN MAE GEDAN BARAI.

20. STEP TO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.

NAORE (left leg steps back) YASUME

TAIKYOKU SONO ICHI (1) URA

THE URA VERSION OF THIS KATA HAS THE FOLLOWING CHANGES:

- EVERY PUNCH WILL BE PROCEEDED BY A (180^{0}) TURN EXCECUTED WITH THE BACK LEG. IN JAPANESE THIS IS CALLED KAITEN WHICH MEANS TURN.
- THE TURNS WITH THE BLOCKS, (ALL TURNS), DON'T CHANGE.

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TAIKYOKU SONO NI (2)

FUDO DACHI - YOI

1. LEFT TURN 90º TO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
2. STEP FORWARD RIGHT/ ZENKUTSU DACHI, RIGHT/JODAN SEIKEN OI TSUKI.
3. RIGHT FOOT BACK TURN 180º TO RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN MAE GEDAN BARAI.
4. STEP TO LEFT/ZENKUTSU DACHI, LEFT/JODAN SEIKEN OI TSUKI.
5. TURN 90º TO LEFT INTO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
6. STEP RIGHT/ZENKUTSU DACHI, RIGHT/ JODAN SEIKEN OI TSUKI.
7. STEP LEFT/ZENKUTSU DACHI, LEFT/ JODAN SEIKEN OI TSUKI.
8. STEP RIGHT/ZENKUTSU DACHI, RIGHT/ JODAN SEIKEN OI TSUKI **(KIAI).**
9. TURN WITH LEFT FOOT BACKWARDS 270º (anti clockwise) LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
10. STEP RIGHT/ZENKUTSU DACHI, RIGHT/JODAN SEIKEN OI TSUKI.
11. RIGHT/ FOOT BACK 180º TURN TO RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN MAE GEDAN BARAI.
12. STEP TO LEFT/ZENKUTSU DACHI, LEFT/JODAN SEIKEN OI TSUKI.
13. TURN LEFT 90º TO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
14. STEP TO RIGHT/ZENKUTSU DACHI, RIGHT/JODAN SEIKEN OI TSUKI.
15. STEP TO LEFT/ZENKUTSU DACHI, LEFT/JODAN SEIKEN OI TSUKI.
16. STEP TO RIGHT/ZENKUTSU DACHI, RIGHT/JODAN SEIKEN OI TSUKI **(KIAI).**

17. TURN WITH LEFT FOOT BACKWARDS 270^{O} (anti clockwise) LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
18. STEP RIGHT/ZENKUTSU DACHI, RIGHT/JODAN SEIKEN OI TSUKI.
19. RIGHT/ FOOT BACK 180º TURN TO RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN MAE GEDAN BARAI.
20. STEP TO LEFT/ZENKUTSU DACHI, LEFT/JODAN SEIKEN OI TSUKI

    NAORE (left leg steps back) YASUME

TAIKYOKU SONO NI (2) URA

THE URA VERSION OF THIS KATA HAS THE FOLLOWING CHANGES:

- EVERY PUNCH WILL BE PROCEEDED BY A (180^{0}) TURN EXCECUTED WITH THE BACK LEG. IN JAPANESE THIS IS CALLED KAITEN WHICH MEANS TURN
- THE TURNS WITH THE BLOCKS (ALL TURNS), DON'T CHANGE.

TAIKYOKU SONO SAN (3)

FUDO DACHI - YOI

1. LEFT TURN 90º TO LEFT/KOKUTSU DACHI, LEFT/ SEIKEN UCHI UKE.
2. STEP FORWARD RIGHT/ ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.
3. RIGHT FOOT BACK TURN 180^{o} TO RIGHT/KOKUTSU DACHI, RIGHT/SEIKEN UCHI UKE.
4. STEP TO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.
5. TURN 90^{O} TO LEFT INTO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
6. STEP RIGHT/ZENKUTSU DACHI, RIGHT/JODAN SEIKEN OI TSUKI.
7. STEP LEFT/ZENKUTSU DACHI, LEFT/JODAN SEIKEN OI TSUKI.
8. STEP RIGHT/ZENKUTSU DACHI, RIGHT/JODAN SEIKEN OI TSUKI **(KIAI).**
9. TURN WITH LEFT FOOT BACKWARDS 270^{O} (anti clockwise) LEFT/KOKUTSU DACHI, LEFT/SEIKEN UCHI UKE.
10. STEP RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.
11. RIGHT/ FOOT BACK 180º TURN TO RIGHT/KOKUTSU DACHI, RIGHT/ SEIKEN UCHI UKE.
12. STEP TO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.
13. TURN LEFT 90^{O} TO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
14. STEP TO RIGHT/ZENKUTSU DACHI, RIGHT/JODAN SEIKEN OI TSUKI.
15. STEP TO LEFT/ZENKUTSU DACHI, LEFT/JODAN SEIKEN OI TSUKI.
16. STEP TO RIGHT/ZENKUTSU DACHI, RIGHT/JODAN SEIKEN OI TSUKI **(KIAI).**

17. TURN WITH LEFT FOOT BACKWARDS 270^{O} (anti clockwise) LEFT/ KOKUTSU DACHI, LEFT/ SEIKEN UCHI UKE.

18. STEP FORWARD RIGHT/ZENKUTSU DACHI, RIGHT/ CHUDAN SEIKEN OI TSUKI.

19. RIGHT FOOT BACK TURN 180^{o} TO RIGHT/ KOKUTSU DACHI, RIGHT/ SEIKEN UCHI UKE.

20. STEP FORWARD LEFT/ZENKUTSU DACHI, LEFT/ CHUDAN SEIKEN OI TSUKI.

NAORE (left leg steps back) YASUME

TAIKYOKU SONO SAN (3) URA

THE URA VERSION OF THIS KATA HAS THE FOLLOWING CHANGES:

- EVERY PUNCH WILL BE PROCEEDED BY A (180^{0}) TURN EXCECUTED WITH THE BACK LEG. IN JAPANESE THIS IS CALLED KAITEN WHICH MEANS TURN.
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SOKUGI TAIKYOKU SONO ICHI (1)

FUDO DACHI - YOI

1. LEFT YOKO KANSETSU GERI TURN 90º TO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
2. RIGHT MAE KEAGE STEP INTO RIGHT ZENKUTSU DACHI.
3. RIGHT FOOT BACK TURN 180º YOKO KANSETSU GERI INTO RIGHT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
4. LEFT MAE KEAGE INTO LEFT ZENKUTSU DACHI.
5. LEFT YOKO KANSETSU GERI TURN 90º INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
6. RIGHT MAE KEAGE STEP INTO RIGHT/ZENKUTSU DACHI.
7. LEFT MAE KEAGE STEP INTO LEFT/ZENKUTSU DACHI.
8. RIGHT MAE KEAGE **KIAI** STEP INTO RIGHT/ZENKUTSU DACHI.
9. TURN WITH LEFT FOOT BACKWARDS 270º (anti clockwise left foot up like in tsuru ashi dachi) LEFT YOKO KANSETSU GERI INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
10. RIGHT MAE KEAGE STEP INTO RIGHT ZENKUTSU DACHI.
11. RIGHT FOOT BACK TURN 180º YOKO KANSETSU GERI INTO RIGHT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
12. LEFT MAE KEAGE INTO LEFT ZENKUTSU DACHI,
13. LEFT YOKO KANSETSU GERI TURN 90º TO LEFT INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
14. RIGHT MAE KEAGE STEP INTO RIGHT/ZENKUTSU DACHI.
15. LEFT MAE KEAGE STEP INTO LEFT/ZENKUTSU DACHI.

16. RIGHT MAE KEAGE **KIAI** STEP INTO RIGHT/ZENKUTSU DACHI.

17. TURN WITH LEFT FOOT BACKWARDS 270^{O} (anti clockwise left foot up like in tsuru ashi dachi) LEFT YOKO KANSETSU GERI INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.

18. RIGHT MAE KEAGE STEP INTO RIGHT ZENKUTSU DACHI.

19. RIGHT FOOT BACK TURN 180^{o} YOKO KANSETSU GERI INTO RIGHT/ZENKUTSU DACHI, MOROTE GEDAN BARAI

20. LEFT MAE KEAGE STEP INTO LEFT ZENKUTSU DACHI

NOARE (left leg steps back) YASUME

SOKUGI TAIKYOKU SONO NI (2)

FUDO DACHI - YOI

1. LEFT CHUDAN YOKO GERI TURN 90º TO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
2. RIGHT CHUDAN MAE GERI STEP INTO RIGHT ZENKUTSU DACHI.
3. RIGHT FOOT BACK TURN 180º CHUDAN YOKO GERI INTO RIGHT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
4. LEFT CHUDAN MAE GERI INTO LEFT ZENKUTSU DACHI.
5. LEFT CHUDAN YOKO GERI TURN 90º INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
6. RIGHT CHUDAN MAE GERI STEP INTO RIGHT/ZENKUTSU DACHI.
7. LEFT CHUDAN MAE GERI STEP INTO LEFT/ZENKUTSU DACHI.
8. RIGHT CHUDAN MAE GERI **KIAI** STEP INTO RIGHT/ZENKUTSU DACHI.
9. TURN WITH LEFT FOOT BACKWARDS 270º (anti clockwise left foot up like in tsuru ashi dachi) LEFT CHUDAN YOKO GERI INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
10. RIGHT CHUDAN MAE GERI STEP INTO RIGHT ZENKUTSU DACHI.
11. RIGHT FOOT BACK TURN 180º CHUDAN YOKO GERI INTO RIGHT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
12. LEFT CHUDAN MAE GERI INTO LEFT ZENKUTSU DACHI,
13. LEFT CHUDAN YOKO GERI TURN 90º INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
14. RIGHT CHUDAN MAE GERI STEP INTO RIGHT/ZENKUTSU DACHI.
15. LEFT CHUDAN MAE GERI STEP INTO LEFT/ZENKUTSU DACHI.

16. RIGHT CHUDAN MAE GERI **KIAI** STEP INTO RIGHT/ZENKUTSU DACHI.

17. TURN WITH LEFT FOOT BACKWARDS 270^{O} (anti clockwise left foot up like in tsuru ashi dachi) LEFT CHUDAN YOKO GERI INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.

18. RIGHT CHUDAN MAE GERI STEP INTO RIGHT ZENKUTSU DACHI.

19. RIGHT FOOT BACK TURN 180^{o} CHUDAN YOKO GERI INTO RIGHT/ZENKUTSU DACHI, MOROTE GEDAN BARAI

20. LEFT CHUDAN MAE GERI STEP INTO LEFT ZENKUTSU DACHI

NOARE (left leg steps back) YASUME

SOKUGI TAIKYOKU SONO SAN (3)

FUDO DACHI - YOI

1. LEFT CHUDAN YOKO GERI TURN 90º TO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
2. RIGHT UCHI MAWASHI KEAGE STEP INTO RIGHT ZENKUTSU DACHI.
3. RIGHT FOOT BACK TURN 180º CHUDAN YOKO GERI INTO RIGHT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
4. LEFT UCHI MAWASHI KEAGE INTO LEFT ZENKUTSU DACHI,
5. LEFT CHUDAN YOKO GERI TURN 90º INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
6. RIGHT SOTO MAWASHI KEAGE STEP INTO RIGHT/ZENKUTSU DACHI.
7. LEFT SOTO MAWASHI KEAGE STEP INTO LEFT/ZENKUTSU DACHI.
8. RIGHT SOTO MAWASHI KEAGE **KIAI** STEP INTO RIGHT/ZENKUTSU DACHI.
9. TURN WITH LEFT FOOT BACKWARDS 270º (anti clockwise left foot up like in tsuru ashi dachi) LEFT CHUDAN YOKO GERI INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
10. RIGHT UCHI MAWASHI KEAGE STEP INTO RIGHT ZENKUTSU DACHI.
11. RIGHT FOOT BACK TURN 180º CHUDAN YOKO GERI INTO RIGHT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
12. LEFT UCHI MAWASHI KEAGE INTO LEFT ZENKUTSU DACHI,
13. LEFT CHUDAN YOKO GERI TURN 90º INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.
14. RIGHT SOTO MAWASHI KEAGE STEP INTO RIGHT/ZENKUTSU DACHI.
15. LEFT SOTO MAWASCHI KEAGE STEP INTO LEFT/ZENKUTSU DACHI.

16. RIGHT SOTO MAWASHI KEAGE **KIAI** STEP INTO RIGHT/ZENKUTSU DACHI.

17. TURN WITH LEFT FOOT BACKWARDS 270^{O} (anti clockwise left foot up like in tsuru ashi dachi) LEFT CHUDAN YOKO GERI INTO LEFT/ZENKUTSU DACHI, MOROTE GEDAN BARAI.

18. RIGHT UCHI MAWASHI KEAGE STEP INTO RIGHT ZENKUTSU DACHI.

19. RIGHT FOOT BACK TURN 180^{o} CHUDAN YOKO GERI INTO RIGHT/ZENKUTSU DACHI, MOROTE GEDAN BARAI

20. LEFT UCHI MAWASHI KEAGE STEP INTO LEFT ZENKUTSU DACHI

NOARE (left leg steps back) YASUME

PINAN SONO ICHI (1)

FUDO DACHI - YOI

1. LEFT TURN 90º TO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
2. STEP FORWARD RIGHT/ ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.
3. RIGHT FOOT BACK TURN 180º TO RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN MAE GEDAN BARAI, STEP BACK WITH RIGHT LEG TO RIGHT/NEKO ASHI DACHI, RIGHT/TETTSUI KOME KAMI.
4. STEP TO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.
5. TURN 90º TO LEFT INTO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
6. STEP RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN JODAN UKE.
7. STEP LEFT/ZENKUTSU DACHI, LEFT/SEIKEN JODAN UKE.
8. STEP RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN JODAN UKE **(KIAI).**
9. TURN WITH LEFT FOOT BACKWARDS 270º (anti clockwise) LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
10. STEP RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.
11. RIGHT/ FOOT BACK 180º TURN TO RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN MAE GEDAN BARAI.
12. STEP TO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.
13. TURN LEFT 90º TO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
14. STEP TO RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.
15. STEP TO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.

16. STEP TO RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI **(KIAI).**

17. TURN WITH LEFT FOOT BACKWARDS 270^{O} (anti clockwise) LEFT/KOKUTSU DACHI, LEFT/SHUTO MAWASHI UKE.

18. STEP FORWARD AND OUT 45^{O} RIGHT/LEG FORWARD RIGHT/KOKUTSU DACHI, RIGHT/SHUTO MAWASHI UKE.

19. DRAW BACK RIGHT/ FOOT 135^{O} RIGHT/KOKUTSU DACHI, RIGHT/SHUTO MAWASHI UKE.

20. STEP FORWARD AND OUT 45^{O} LEFT/KOKUTSU DACHI, LEFT/SHUTO MAWASHI UKE.

    NAORE (left leg steps back) YASUME

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PINAN SONO NI (2)

FUDO DACHI - YOI

1. TURN TO LEFT/KOKUTSU DACHI, AND PULL RIGHT FIST TO HIKITE WITH LEFT FIST ON TOP, DOUBLE BLOCK: LEFT/SEIKEN UCHI UKE - RIGHT/SEIKEN HIGH BLOCK (fist is horizontal).
2. RIGHT/TETTSUI HIZO UCHI (LEFT FIST CLOSE TO RIGHT EAR), LEFT LEG SLIDE INTO KIBA DACHI, LEFT/TETTSUI YOKO UCHI.
3. RIGHT TURN 180^{O} RIGHT/KOKUTSU DACHI AND PULL LEFT FIST TO HIKITE WITH RIGHT FIST ON TOP, DOUBLE BLOCK:RIGHT/SEIKEN UCHI UKE - LEFT/SEIKEN HIGH BLOCK (fist is horizontal).
4. LEFT/TETTSUI HIZO UCHI (LEFT FIST CLOSE TO RIGHT EAR) RIGHT LEG SLIDE INTO KIBA DACHI, RIGHT/TETTSUI YOKO UCHI.
5. PULL UP RIGHT LEG INTO RIGHT/TSURU ASHI DACHI, RIGHT/CHUDAN YOKO GERI/URAKEN SAYU UCHI PLACE RIGHT FOOT ON THE FLOOR ONE STEP BEHIND LEFT LEG INTO LEFT/KOKUTSU DACHI FACE FORWARD, SHUTO MAWASHI UKE.
6. STEP RIGHT/KOKUTSU DACHI, RIGHT/SHUTO MAWASHI UKE.
7. STEP LEFT/KOKUTSU DACHI, LEFT/SHUTO MAWASHI UKE.
8. LEFT/OSAE UKE, THEN STEP RIGHT/ZENKUTSU DACHI, RIGHT/YONHON NUKITE **(KIAI)**.
9. TURN 270^{O} (90º BACK INTO LEFT/KOKUTSU DACHI, LEFT/SHUTO MAWASHI UKE.
10. STEP 45^{O} RIGHT/LEG FORWARD RIGHT/KOKUTSU DACHI, RIGHT/SHUTO MAWASHI UKE.
11. TURN 180^{O} RIGHT/KOKUTSU DACHI,RIGHT/ SHUTO MAWASHI UKE.

12. STEP 45^{O} LEFT/LEG FORWARD LEFT/KOKUTSU DACHI, LEFT/SHUTO MAWASHI UKE.

13. LEFT FOOT TURN 90^{O} LEFT/ZENKUTSU DACHI, LEFT ARM INTO POSITION SHUTO JODAN UKE SIMULTANIOUS EXECUTE FAST RIGHT/GEDAN HAITO UKE. WHEN RIGHT/HAITO IS IN GEDAN POSITION (LEFT ARM IS STILL UP COVERING), RIGHT FIST CLOSES AND EXECUTE SLOW RIGHT/CHUDAN UCHI UKE, LEFT FIST (Hikite).

14. RIGHT/CHUDAN MAE GERI STEP INTO RIGHT/ZENKUTSU DACHI LEFT/CHUDAN SEIKEN GYAKU TSUKI.

15. LEFT/ ARM SLOW SEIKEN UCHI UKE, LEFT/CHUDAN MAE GERI, LEFT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN GYAKU TSUKI.

16. RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN MOROTE UCHI UKE.

17. TURN 270^{O} (90º) BACK LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI

18. DIRECT LEFT/JODAN YONHON NUKITE 45º(inside) THEN STEP TO RIGHT/ZENKUTSU DACHI, SEIKEN JODAN UKE.

19. RIGHT/ FOOT TURN 180^{O} RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN GEDAN BARAI MAE.

20. DIRECT RIGHT/JODAN YONHON NUKITE 45º (inside)THEN STEP 45^{o} FORWARD INTO LEFT/ZENKUTSU DACHI, SEIKEN JODAN UKE **(KIAI)**.

NAORE (left leg steps back) YASUME

PINAN SONO SAN (3)

FUDO DACHI - YOI.

1. TURN TO LEFT/KOKUTSU DACHI, LEFT/SEIKEN UCHI UKE.
2. RIGHT FOOT FORWARD TO MUSUBI DACHI RIGHT/SEIKEN UCHI UKE LEFT/GEDAN BARAI.
3. LEFT/SEIKEN UCHI UKE, RIGHT/GEDAN BARAI.
4. RIGHT/ FOOT BACK TO TURN TO RIGHT/KOKUTSU DACHI (180º), RIGHT/SEIKEN UCHI UKE.
5. LEFT FOOT FORWARD TO MUSUBI DACHI, LEFT/SEIKEN UCHI UKE, RIGHT/GEDAN BARAI.
6. RIGHT/SEIKEN UCHI UKE, LEFT/ GEDAN BARAI.
7. TURN 90^{O} TO LEFT IN LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MOROTE UCHI UKE.
8. FIRST LEFT/OSAE UKE, THEN STEP INTO RIGHT/ZENKUTSU DACHI, RIGHT/OI YONHON NUKITE, LEFT OPEN HAND SUPPORTS YONHON NUKITE **(KIAI)**.
9. PULL BACK RIGHT HAND (FAST) TO LEFT EAR WITH PALM OUTSIDE (high block), THEN TURN WITH LEFT LEG 180^{O} (kaiten) INTO KIBA DACHI, LEFT/CHUDAN TETTSUI YOKO UCHI.
10. STEP INTO RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI **(KIAI)**.
11. TURN 180^{O} WITH LEFT LEG INTO MUSUBI DACHI, AND PLACE YOUR FISTS ON YOUR HIPS THE BACK OF YOUR HANDS FORWARD. WAIT FOR TWO SECONDS IN THIS POSITION.
12. (fists stay on hip) RIGHT/CHUDAN MAE GERI, STEP INTO KIBA DACHI, RIGHT/HIJI UKE.

13. RIGHT/URAKEN SAYU UCHI.(fist back to hip).
14. (fists stay on hip) LEFT/CHDAN MAE GERI, STEP INTO KIBA DACHI, LEFT/HIJI UKE.
15. LEFT/URAKEN SAYU UCHI. (fist back to hip).
16. (fists stay on hip) RIGHT/MAE GERI CHUDAN, STEP INTO RIGHT/KIBA DACHI,RIGHT/HIJI UKE.
17. RIGHT/URAKEN SAYU UCHI. (fist back to hip).
18. STEP LEFT/ZENKUTSU DACHI WITH A DIRECT LEFT/CHUDAN SEIKEN OI TSUKI.
19. RIGHT LEG STEP FORWARD 45^{O} AND IMMEDIATE TURN 270^{O} WITH LEFT LEG INTO KIBA DACHI (LIKE A KAITEN MOVEMENT), RIGHT/ USHIRO JODAN TSUKI, LEFT/ USHIRO HIJI ATE.
20. JUMP RIGHT/KOSA INTO KIBA DACHI, LEFT/ USHIRO JODAN TSUKI, LEFT/ USHIRO HIJI ATE. **(KIAI)**

    NAORE (right leg steps back) YASUME

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PINAN SONO YON (4)

FUDO DACHI - YOI.

1. TURN TO LEFT/KOKUTSU DACHI AT SAME TIME RIGHT FIST TO HIKITE WITH LEFT FIST ON TOP, DOUBLE BLOCK: LEFT/ CHUDAN SHUTO UCHI UKE/RIGHT/SHUTO HIGH BLOCK.
2. TURN 180° TO RIGHT/KOKUTSU DACHI AT SAME TIME LEFT FIST TO HIKITE WITH RIGHT FIST ON TOP, DOUBLE BLOCK: RIGHT/ CHUDN SHUTO UCHI UKE/ LEFT/SHUTO HIGH BLOCK.
3. TURN 90° INTO LEFT/ZENKUTSU DACHI, GEDAN SEIKEN JUJI UKE (right hand on top).
4. STEP RIGHT/ZENKUTSU DACHI, RIGHT/ SEIKEN MOROTE UCHI UKE.
5. LEFT/TSURU ASHI DACHI (FOOT IS IN A NEUTRAL POSITION).
6. LEFT/CHUDAN YOKO GERI LEFT/URAKEN YOKO UCHI, STEP INTO LEFT/ZENKUTSU DACHI TO THE LEFT, LEFT HAND OPENS AND EXECUTE A RIGHT HIJI ATE CHUDAN AGAINST LEFT OPEN HAND.
7. PULL RIGHT LEG UP INTO RIGHT/TSURU ASHI DACHI.
8. RIGHT/CHUDAN YOKO GERI RIGHT/URAKEN YOKO UCHI CHUDAN, STEP INTO RIGHT/ZENKUTSU DACHI TO THE RIGHT, RIGHT HAND OPENS AND EXECUTE A LEFT HIJI ATE CHUDAN AGAINST RIGHT OPEN HAND.
9. LOOK OVER YOUR LEFT SHOUDER AND PLACE A LEFT JODAN SHOTEI 45^{O} BACKWARDS AND PLACE YOUR RIGHT HAND IN READY POSITION FOR A SHUTO YOKO GANMEN UCHI BEHIND YOUR HEAD. THEN TURN YOUR BODY TO THE LEFT WITHOUT MOVING YOUR FEET INTO A LEFT/ZENKUTSU DACHI 45°. PULL BACK YOUR LEFT HAND INTO POSITION RIGHT BEFORE YOUR FOREHEAD AND SIMULTANIOUS EXECUTE SHUTO YOKO GANMEN UCHI TO THE FRONT. LOOK TO THE FRONT.

10. RIGHT/JODAN MAE GERI JUMP STRAIGHT FORWARD TO KAKE ASHI DACHI, (cover with left shuto when jump) RIGHT/URAKEN SAYU UCHI (when land in RIGHT/KAKE ASHI DACHI) **(KIAI)**.

11. TURN WITH THE LEFT LEG 270^{O} KERI NO YOI INTO LEFT/ZENKUTSU DACHI YON JU GO, MOROTE GEDAN BARAI (TURN INTO POSITION FAST, EXECUTE MOROTE GEDAN BARAI SLOW).

12. RIGHT/MAE GERI CHUDAN, RIGHT/ZENKUTSU DACHI, NIHON TSUKI (CHUDAN SEIKEN GYAKU TSUKI, CHUDAN SEIKEN OI TSUKI.

13. RIGHT LEG MOVES IN A STRAIGHT LINE TO RIGHT/ZENKUTSU DACHI KERI NO YOI YON JU GO, MOROTE GEDAN BARAI (STEP INTO POSITION FAST, EXECUTE MOROTE GEDAN BARAI SLOW).

14. LEFT/MAE GERI CHUDAN, LEFT/ZENKUTSU DACHI, (NIHON TSUKI) CHUDAN SEIKEN GYAKU TSUKI, CHUDAN SEIKEN OI TSUKI.

15. STEP LEFT LEG IN A STRAIGHT-LINE BACK TO LEFT/ZENKUTSU DACHI STRAIGHT FORWARD LEFT/ MOROTE SEIKEN UCHI UKE.

16. STEP RIGHT/ZENKUTSU DACHI, RIGHT/ MOROTE SEIKEN UCHI UKE.

17. STEP LEFT/ZENKUTSU DACHI, LEFT/ MOROTE SEIKEN UCHI UKE.

18. HIGH GRAB (PLACE BOTH HANDS IN A HORIZONTAL JODAN POSITION) NEXT TO EACH OTHER. (to grab a head).

19. RIGHT/HIZA GERI **(KIAI).** PUT DOWN YOUR FOOT IN FRONT AND TURN 180^{O} LEFT/KOKUTSU DACHI, SHUTO MAWASHI UKE.

20. STEP RIGHT/KOKUTSU DACHI, RIGHT/ SHUTO MAWASHI UKE.

NAORE (right leg steps back) YASUME

PINAN SONO GO (5)

FUDO DACHI - YOI.

1. LEFT TURN TO LEFT/KOKUTSU DACHI, LEFT/SEIKEN UCHI UKE, RIGHT/CHUDAN GYAKU TSUKI.
2. PULL LEFT LEG BACK TO MUSUBI DACHI LEFT/FIST OVER RIGHT/FIST (hikite, on the RIGHT/ side of your body) IN THE SAME DIRECTION AS THE KATA STARTED.
3. RIGHT TURN TO RIGHT/KOKUTSU DACHI, RIGHT/ SEIKEN UCHI UKE, LEFT/CHUDAN GYAKU TSUKI.
4. PULL RIGHT LEG BACK TO MUSUBI DACHI, RIGHT/FIST OVER LEFT/FIST (hikite, on the LEFT/ side of your body) IN THE SAME DIRECTION AS THE KATA STARTED.
5. STEP RIGHT/ZENKUTSU DACHI, RIGHT/MOROTE SEIKEN UCHI UKE.
6. STEP LEFT/ZENKUTSU DACHI, GEDAN SEIKEN JUJI UKE (RIGHT/ ON TOP).
7. DIRECT JODAN SHUTO JUJI UKE (RIGHT ON TOP).
8. OPEN HANDS AND TURN (GRAB) AND PULL BACK TO RIGHT SIDE OPEN HANDS (hikite, LEFT on top).
9. STEP RIGHT/ZENKUTSU DACHI, CHUDAN SEIKEN OI TSUKI.
10. DIRECT 180^{O} TURN SIMULTANEOUSLY WITH RIGHT/TEISOKU SOTO MAWASHI GERI, (hands in positon for right/gedan barai and look to the right), KIBA DACHI, RIGHT/GEDAN BARAI **(KIAI)**.
11. LOOK TO THE RIGHT, PREPARE HAISHU (both fists are close and right arm on top). EXECUTE LEFT/HAISHU UCHI (**SLOW).** WHEN START LEFT HAND OPENS SLOW AND FOLLOW THE MOVEMENT WITH YOUR EYES. (hikite right fist close).

12. RIGHT/JODAN TEISOKU SOTO MAWASHI GERI RIGHT/HIJI ATE (TO PALM) JUMP INTO KAKE ASHI DACHI RIGHT/MOROTE UCHI UKE.

13. RIGHT/JODAN AGE TSUKI AND SLOWLY TURN 180^{O} SIMULTANIOUSLY TO LEFT/KOKUTSU DACHI.

14. JUMP TO THE FRONT INTO RIGHT/KAKE ASHI DACHI (NOT TO LOW AND KEEP BACK STRAIGHT) AND EXECUTE WITHOUT HIKITE DIRECT GEDAN SEIKEN JUJI UKE **(KIAI).**

15. RIGHT LEG STEP INTO RIGHT/ZENKUTSU DACHI, RIGHT/MOROTE SEIKEN UCHI UKE.

16. TURN LEFT/FOOT BACK 45º TO LEFT/ZENKUTSU DACHI RIGHT/ GEDAN SHOTEI UCHI LEFT/HAND TO RIGHT/RIGHT EAR (palm inside).

17. PULL RIGHT/HAND UP (fist close) LEFT/GEDAN BARAI (close fist) (in same time) MOVE TO KIBA DACHI. (all these moves execute simultaniously)

18. LEFT/FOOT BACK TO MUSUBI DACHI (ARMS STAY IN LAST POSITION)

19. RIGHT/ FOOT STEP 45^{O} FORWARD RIGHT/FOOT TO RIGHT/ZENKUTSU DACHI), LEFT/GEDAN SHOTEI UCHI, RIGHT OPEN HAND NEXT TO LEFT EAR (palm inside).

20. PULL LEFT/HAND UP (close fist) ,RIGHT/GEDAN BARAI (close fist) (in same time) MOVE TO KIBA DACHI (all moves simultaniously)

    NAORE. (right foot steps back) YASUME

SANCHIN NO KATA

MUSUBI DACHI MOKUSO – SANCHIN – YOI - IBUKI

1. RIGHT/SANCHIN DACHI, DOUBLE UCHI UKE**, IBUKI.**

2. LEFT/ARM HIKITE SLOW, LEFT/ CHUDAN GYAKU TSUKI, **IBUKI** + LEFT/UCHI UKE **IBUK**I.

3. LEFT/SANCHIN DACHI.

4. RIGHT/ARM HIKITE SLOW, RIGHT/ CHUDAN GYAKU TSUKI, **IBUKI** +RIGHT/UCHI UKE, **IBUKI**.

5. RIGHT/SANCHIN DACHI.

6. LEFT/ARM HIKITE SLOW AND KAGI TSUKI (under right elbow), **IBUKI**, turn using RIGHT/FOOT INTO LEFT/SANCHIN DACHI BLOCK LEFT/UCHI UKE.

7. RIGHT/ CHUDAN GYAKU TSUKI **IBUKI** + RIGHT/UCHI UKE, **IBUKI**.

8. RIGHT/SANCHIN DACHI.

9. LEFT/ARM HIKITE SLOW AND LEFT/KAGI TSUKI (under right elbow) IBUKI turn using RIGHT FOOT BLOCK LEFT/UCHI UKE.

10. RIGHT/ CHUDAN GYAKU TSUKI, **IBUKI** + RIGHT/UCHI UKE, **IBUKI**.

11. RIGHT/SANCHIN DACHI.

12. LEFT/ARM HIKITE SLOW, CHUDAN GYAKU TSUKI, **IBUKI** + LEFT/UCHI UKE **IBUKI**.

13. RIGHT/ARM HIKITE SLOW, CHUDAN OI TSUKI, IBUKI + RIGHT/UCHI UKE **IBUKI**.

14. LEFT/ARM HIKITE SLOW, CHUDAN GYAKU TSUKI, IBUKI + LEFT/UCHI UKE **IBUKI**.

15. DOUBLE GRAB(FAST), DOUBLE CHUDAN YONHON NUKITE, **IBUKI**.

16. REPEAT 15 AGAIN.

17. REPEAT 15 AGAIN.

18. PREPARE FOR RIGHT/MAE SHUTO MAWASHI UKE, RIGHT/FOOT STEP BACK TO LEFT/SANCHIN DACHI, EXECUTE RIGHT/MAE SHUTO MAWASHI UKE **IBUKI**.

19. PREPARE FOR LEFT/MAE SHUTO MAWASHI UKE, LEFT/FOOT STEP BACK TO RIGHT/SANCHIN DACHI, EXECUTE LEFT/MAE SHUTO MAWASHI UKE **IBUKI**

20. RIGHT/FOOT GOES BACK TO MUSUBI DACHI.

    NAORE, RIGHT FOOT STEPS BACK YASUME.

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TSUKI NO KATA

MUSUBI DACHI - MOKUSO - TSUKI NO KATA – YOI - IBUKI

1. RIGHT/FOOT BACK TO KIBA DACHI (45º) LEFT/GEDAN BARAI, RIGHT/ CHUDAN GYAKU TSUKI

2. RIGHT/FOOT FORWARD TO RIGHT/KIBA DACHI, LEFT/CHUDAN GYAKU TSUKI

3. LEFT/SANCHIN DACHI, RIGHT/ CHUDAN GYAKU TSUKI.

4. RIGHT/SANCHIN DACHI, LEFT/ CHUDAN GYAKU TSUKI.

5. LEFT/ZENKUTSU DACHI, RIGHT/GEDAN GYAKU TSUKI.

6. RIGHT/ZENKUTSU DACHI, LEFT/GEDAN GYAKU TSUKI, RIGHT CHUDAN OI TSUKI.

7. RIGHT/FOOT (across)TURN TO LEFT SANCHIN DACHI, LEFT UCHI UKE RIGHT/ CHUDAN GYAKU TSUKI.

8. RIGHT/SANCHIN DACHI, RIGHT/UCHI UKE CHUDAN (TSUKUI UKE) (SLOW)

9. NIHON CHUDAN TSUKI LEFT/GYAKU, RIGHT/OI TSUKI.

10. LEFT/ZENKUTSU DACHI, JODAN OI TSUKI.

11. RIGHT/ZENKUTSU DACHI, JODAN OI TSUKI.

12. BACK FOOT TURN TO LEFT/ZENKUTSU DACHI, LEFT/GEDAN BARAI.

13. RIGHT CHUDAN MAE GERI, BACK TO RIGHT/TSURU ASHI DACHI, TURN TO THE RIGHT AND LUNGE TO KIBA DACHI AND RIGHT/ CHUDAN JUN TSUKI **KIAI**. (both fists are close).

14. STEP TO RIGHT IN LEFT KIBA DACHI WITH LEFT/ CHUDAN JUN TSUKI, PROTECT WITH LEFT HAND SHOTEI TO THE RIGHT, RIGHT HAND CHUDAN YONHON NUKITE (**both hands are open)**.

15. STEP TO KIBA DACHI, LEFT/ CHUDAN YONHON NUKITE.

16. LEFT LEGS PULLS IN (near right leg) THEN OUT TO RIGHT/ZENKUTSU DACHI COVER AND UCHI UKE/GEDAN BARAI (slow) (RIGHT HAND UCHI UKE).

17. PULL BACK RIGHT HAND TO HIKITE.

18. RIGHT JODAN OI TSUKI, **KIAI,** LEFT HAND GEDAN GYAKU TSUKI RIGHT CHUDAN OI TSUKI, PREPARE FOR MAE MAWASHI UKE.

19. RIGHT/LEG PULL BACK TO RIGHT SANCHIN DACHI, MAE MAWASHI UKE (right hand above) **IBUKI**.

20. NAORE, BACK TO MUSUBI DACHI (right foot moves) YASUME

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KATA GEKISAI DAI

MUSUBI DACHI MOKUSO - GEKI SAI DAI – YOI - IBUKI

1. LEFT TURN TO LEFT SANCHIN DACHI, LEFT JODAN UKE.

2. RIGHT ZENKUTSU DACHI, RIGHT JODAN TSUKI.

3. RIGHT FOOT BACK TO KIBA DACHI, LEFT GEDAN BARAI.

4. LEFT FOOT (to right foot and back) into RIGHT SANCHIN DACHI, RIGHT JODAN UKE

5. LEFT/ZENKUTSU DACHI, LEFT JODAN TSUKI.

6. LEFT FOOT BACK TO KIBA DACHI, RIGHT GEDAN BARAI.

7. RIGHT SANCHIN DACHI (**fast**)COVER (**fast)** RIGHT UCHI UKE (**slow and ibuki**)

8. LEFT SANCHIN DACHI (**fas**t) COVER **(fast**)LEFT UCHI UKE (**slow and ibuki**)

9. RIGHT SANCHIN DACHI (**fast**) C0VER (**fast**) RIGHT UCHI UKE (**slow and ibuki**).

10. LEFT CHUDAN MAE GERI LEFT ZENKUTSU LEFT JODAN AGE HIJI ATE **direct** LEFT OROSHI URAKEN LEFT GEDAN BARAI RIGHT GEDAN GYAKU TSUKI.

11. RIGHT ASHI BARAI (**to front**) BACK TO RIGHT KIBA DACHI (**both fists close**) RIGHT SHUTO YOKO UCHI (left hand close in hikite) **KIAI.**

12. LEFT SANCHIN DACHI (**fast**) COVER (**fast**) LEFT UCHI UKE (**slow and ibuki**)

13. RIGHT SANCHIN DACHI (**fast**) COVER (**fast**) RIGHT UCHI UKE (**slow and ibuki**).

14. RIGHT FOOT BACK TO LEFT SANCHIN DACHI (**fast**) COVER (**fas**t) LEFT UCHI UKE (**slow and ibuki**).

15. RIGHT CHUDAN MAE GERI, RIGHT ZENKUTSU DACHI, RIGHT JODAN HIJI ATE direct RIGHT OROSHI URAKEN, RIGHT GEDAN BARAI, LEFT GEDAN GYAKU TSUKI

16. LEFT ASHI BARAI (to front) BACK TO LEFT KIBA DACHI (**fists close**) LEFT SHUTO YOKO UCHI (**right fist close in hikite**) **KIAI.**

17. RIGHT ZENKUTSU, YAMA TSUKI, LEFT JODAN GYAKU TSUKI, RIGHT CHUDAN SHITA TSUKI.

18. LEFT ZENKUTSU, YAMA TSUKI, RIGHT JODAN GYAKU TSUKI, LEFT CHUDAN SHITA TSUKI.

19. STEP BACK TO RIGHT ZENKUTSU, YAMA TSUKI LEFT JODAN GYAKU TSUKI, RIGHT CHUDAN SHITA TSUKI.

20. BACK TO MUSUBI DACHI (right foot moves).

    NAORE, YASUME

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TENSHO

MUSUBI DACHI - MOKUSO - TENSHO – YOI - IBUKI

1. RIGHT SANCHIN DACHI, MOROTE UCHI UKE, (no ibuki)

2. LEFT HAND TO HIKITE, RIGHT JODAN TENSHO (outside and inside) RIGHT HAND BACK TO HIKITE, RIGHT JODAN SHOTEI UCHI**. IBUKI**

3. RIGHT SHUTO HIZO UCHI right hand back to hikite RIGHT GEDAN SHOTEI UKE **IBUKI.**

4. RIGHT JODAN KOKEN UKE, RIGHT SHUTO SAKOTSU UCHI KOMI **IBUKI.**

5. RIGHT YOKO KOKEN UKE, BACK IN SHOTEI UCHI **IBUKI**.

6. LEFT SANCHIN DACHI, MOROTE UCHI UKE (NO IBUKI).

7. RIGHT HAND back to hikite, LEFT JODAN TENSHO (outside and inside) left hand back to hikite LEFT JODAN SHOTEI UCHI **IBUKI.**

8. LEFT SHUTO HIZO UCHI, LEFT HAND back to hikite LEFT GEDAN SHOTEI UKE **IBUKI**

9. LEFT JODAN KOKEN UKE, LEFT SHUTO SAKOTSU UCHI KOMI, **IBUKI.**

10. LEFT YOKO KOKEN UKE. BACK IN SHOTEI UCHI **IBUKI**.

11. RIGHT SANCHIN DACHI, MOROTE UCHI UKE (no ibuki).

12. BOTH HANDS JODAN TENSHO (outside and inside) both hands back to hikite. JODAN SHOTEI UCHI **IBUKI.**

13. BOTH HANDS SHUTO HIZO UCHI, both hands back to hikite both hands GEDAN MOROTE SHOTEI UKE**. IBUKI**

14. BOTH HANDS JODAN KOKEN UKE, BOTH HANDS SHUTO SAKOTSU UCHI KOMI **IBUKI**.

15. BOTH HANDS YOKO KOKEN UKE, BOTH HANDS BACK WITH SHOTEI UCHI **IBUKI.**

16. BOTH HANDS direct FRONT GRAB, BOTH HANDS BACK TO hikite close hands, DOUBLE CHUDAN NUKITE. **IBUKI.**

17. REPEAT ALL AS COUNT 16. **IBUKI**

18. REPEAT ALL AS COUNT 16. **IBUKI.**

19. RIGHT foot back LEFT SANCHIN DACHI, MAE MAWASHI UKE (right hand jodan **IBUKI**

20. LEFT foot back RIGHT SANCHIN DACHI, MAE MAWASHI UKE (left hand jodan) **IBUKI**

    NAORE, RIGHT FOOT MOVES TO MUSUBI DACHI YASUME.

KATA GEKISAI SHO

MUSUBI DACHI - MOKUSO - GEKI SAI SHO - YOI – IBUKI

1. TURN LEFT KOKUTSU DACHI, LEFT UCHI UKE, RIGHT CHUDAN GYAKU TSUKI.

2. MOVE FORWARD RIGHT ZENKUTSU, RIGHT JODAN UKE, LEFT CHUDAN GYAKU TSUKI

3. RIGHT FOOT TO LEFT KIBA DACHI, LEFT GEDAN BARAI.

4. TURN TO RIGHT, KOKUTSU DACHI RIGHT CHUDAN UCHI UKE, LEFT CHUDAN GYAKU TSUKI.

5. FORWARD TO LEFT ZENKUTSU, LEFT JODAN UKE, RIGHT CHUDAN GYAKU TSUKI

6. LEFT FOOT BACK TO RIGHT KIBA DACHI, RIGHT GEDAN BARAI.

7. RIGHT KIBA DACHI 45º RIGHT HAITO UCHI UKE (**SLOW IBUKI**) RIGHT SHUTO GEDAN BARAI (**FAST IBUKI**)

8. LEFT KIBA DACHI 45ºLEFT HAITO UCHI UKE (**SLOW IBUKI**) LEFT SHUTO GEDAN BARAI (**FAST IBUKI**).

9. RIGHT KIBA DACHI 45º RIGHT HAITO UCHI UKE (**SLOW IBUKI**) RIGHT SHUTO GEDAN BARAI (**FAST IBUKI**)

10. LEFT JODAN MAE GERI TO LEFT ZENKUTSU DACHI (MAE) LEFT JODAN UKE RIGHT CHUDAN GYAKU TSUKI **KIAI.**

11. HOLD POSITION, RIGHT UCHI UKE, RIGHT GEDAN BARAI.

12. TURN 180º TO RIGHT KOKUTSU DACHI, RIGHT SHUTO MAWASHI UKE. SLOW

13. LEFT JODAN YOKO GERI 45º AND LEFT URAKEN AND LAND INTO LEFT ZENKUTSU DACHI, RIGHT CHUDAN GYAKU TSUKI.

14. RIGHT JODAN YOKO GERI 45º AND RIGHT URAKEN AND LAND INTO RIGHT ZENKUTSU DACHI, LEFT CHUDAN GYAKU TSUKI.

15. LEFT JODAN YOKO GERI 45º AND LEFT URAKEN AND LAND INTO LEFT ZENKUTSU DACHI RIGHT CHUDAN GYAKU TSUKI.

16. RIGHT JODAN MAE GERI 45º LEFT HAND IN HIKITE AND RIGHT ON TOP LUNGE TO KAKE DACHI (mae) LEFT CHUDAN TSUKI, RIGHT JODAN TETSUI YOKO UCHI **KIAI**

17. TURN 180º TO LEFT KOKUTSU DACHI, LEFT SHUTO MAWASHI UKE. SLOW

18. LEFT FOOT BACK TO NEKO ASHI DACHI, RIGHT HAITO UCHI, with LEFT NUKITE inverted and pull in both hands.

19. HOLD STANCE DIRECT MAE MAWASHI UKE (pull in and push out shuto) **IBUKI**

20. RIGHT FOOT MOVES TO MUSUBI DACHI.

    NAORE YASUME.

KWF KYOKUSHIN WORLD FEDERATION

YANTSU

MUSUBI DACHI MOKUSO - YANTSU – YOI - IBUKI

1. MOROTE HAITO UCHI, JODAN MOROTE TSUKI (hands back).
2. RIGHT URAKEN MAWASHI UCHI.
3. LEFT URAKEN MAWASHI UCHI.
4. RIGHT CHUDAN YONHON NUKITE
5. LEFT CHUDAN YONHON NUKITE.
6. LEFT HAND BACK TO HIKITE, CLOSE BOTH FIST AND LIFT UP, THEN BOTH HANDS YOKO YONHON NUKITE
7. DIRECT CHUDAN SHOTEI UKE, MOVE RIGHT FOOT TO ZENKUTSU DACHI. RIGHT CHUDAN OI TSUKI.
8. RIGHT FOOT BACK NEKO ASHI DACHI, DIRECT RIGHT GEDAN SHOTEI UKEI. RIGHT JODAN KOKEN UKE TURN WRIST FOR RIGHT SHUTO SAKOTSU UCHI KOMI. (slow)
9. PULL RIGHT FOOT BACK TO MUSUBI DACHI (hold right shotei cover), LEFT ZENKUTSU DACHI, LEFT CHUDAN OI TSUKI.
10. LEFT FOOT BACK TO NEKO ASHI DACHI, DIRECT LEFT GEDAN SHOTEI UKE LEFT JODAN KOKEN UKE TWIST WRIST TO LEFT SHUTO SAKOTSU UCHI KOMI. (slow)
11. TURN TO RIGHT, MUSUBI DACHI (left foot moves) WITH LEFT SHOTEI COVER.

12. RIGHT ZENKUTSU DACHI, RIGHT GEDAN TSUKI.

13. LEFT JODAN GYAKU TSUKI, RIGHT CHUDAN GYAKU TSUKI. **KIAI**

14. LEFT CHUDAN MAE GERI PULL BACK TO RIGHT NEKO ASHI DACHI, RIGHT HAITO UCHI UKE.

15. DIRECT RIGHT GEDAN SHOTEI UKE, JODAN KOKEN UKE TWIST WRIST TO RIGHT SHUTO SAKOTSU UCHI KOMI.

16. TURN 180º TO MUSUBI DACHI (left foot moves) RIGHT SHOTEI COVER.

17. LEFT ZENKUTSU DACHI, LEFT GEDAN TSUKI.

18. RIGHT JODAN GYAKU TSUKI, LEFT CHUDAN GYAKU TSUKI **KIAI**.

19. RIGHT CHUDAN MAE GERI, PULL BACK TO LEFT NEKO ASHI DACHI, LEFT HAITO UCHI UKE.

20. DIRECT LEFT GEDAN SHOTEI UKE, JODAN KOKEN UKE twist wrist for SHUTO SAKOTSU UCHI KOMI

    NAORE, LEFT FOOT MOVES TO MUSUBI DACHI YASUME

KWF KYOKUSHIN WORLD FEDERATION

SAIHA

MUSUBI DACHI - MOKUSO - SAIHA – YOI - IBUKI

1. RIGHT FOOT 45^0 RIGHT FORWARD TO HEISOKU DACHI, both hands at right hikite LEFT ON FIST AND OPEN.

2. RIGHT YOKO HIJI ATE (and circular) LEFT HAND ON FIST AND OPEN.

3. LEFT FOOT BACK TO KIBA DACHI, RIGHT URAKEN SAYU UCHI left hand open cover

4. LEFT FOOT 45^0 LEFT FORWARD TO HEISOKU DACHI, both hands at left hikite right on fist open.

5. LEFT YOKO HIJI ATE (and circular) RIGHT HAND ON FIST AND OPEN.

6. RIGHT FOOT BACK TO KIBA DACHI, LEFT URAKEN SAYU UCHI right open and cover

7. RIGHT FOOT 45^0 RIGHT FORWARD TO HEISOKU DACHI both hands at right hikite left on fist open

8. RIGHT YOKO HIJI ATE (and circular) LEFT HAND ON FIST AND OPEN.

9. LEFT FOOT BACK TO KIBA DACHI, RIGHT URAKEN SAYU UCHI left open and cover

10. LEFT FOOT TO SIDE, RIGHT NEKO ASHI DACHI, SHUTO UCHI UKE GEDAN BARAI RIGHT HAND DOWN.

11. RIGHT CHUDAN MAE GERI, DRAW TO RIGHT INTO NEKO ASHI DACHI, SHUTO UCHI UKE GEDAN BARAI LEFT HAND DOWN.

12. LEFT CHUDAN MAE GERI, BACK INTO RIGHT ZENKUTSU DACHI, MOROTE HAITO UCHI (back in hikite), JODAN MOROTE TSUKI.

13. OPEN LEFT HAND and RIGHT TETTSUI HIZO UCHI TO LEFT PALM.

14. TURN 180° TO LEFT ZENKUTSU DACHI BY MOVING RIGHT LEG, MOROTE HAITO UCHI back in hikite JODAN MOROTE TSUKI.

15. OPEN RIGHT HAND and LEFT TETSUI HIZO UCHI TO RIGHT PALM.

16. RIGHT FOOT SWIPES AND TURN BACK TO RIGHT SANCHIN DACHI RIGHT TETSUI OROSHI UCHI **KIAI** RIGHT KAKE UKE (at the same time) RIGHT FOOT MOVES BACK TO RIGHT NEKO ASHI DACHI, LEFT SHITA TSUKI.

17. LEFT FOOT SWIPES AND TURN BACK TO LEFT SANCHIN DACHI LEFT TETTSUI OROSHI UCHI **KIAI** LEFT KAKE UKE (at the same time) LEFT FOOT MOVES BACK TO LEFT NEKO ASHI DACHI, RIGHT SHITA TSUKI.

18. RIGHT ZENKUTSU DACHI LEFT CHUDAN GYAKU TSUKI.

19. LEFT FOOT FORWARD TURN TO RIGHT NEKO ASHI DACHI, COVERING WITH THE LEFT OPEN HAND SHUTO, RIGHT HAITO pull in LEFT INVERTED NUKITE.

20. STAY IN RIGHT NEKO ASHI DACHI direct MAE MAWASHI UKE LEFT hand is up **IBUKI**

    RIGHT FOOT BACK TO MUSUBI DACHI NAORE YASUME

KWF KYOKUSHIN WORLD FEDERATION

PINAN SONO ICHI (1) URA

FUDO DACHI - YOI

1. LEFT TURN 90º TO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
2. STEP KAITEN RIGHT LEG FORWARD INTO RIGHT/ ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.
3. RIGHT FOOT BACK TURN ANTI CLOCKWISE 180^{o} TO RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN MAE GEDAN BARAI, STEP BACK WITH RIGHT LEG TO RIGHT/NEKO ASHI DACHI, RIGHT/TETTSUI KOME KAMI.
4. STEP KAITEN LEFT LEG INTO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.
5. TURN ANTI CLOCKWISE 90^{O} TO LEFT INTO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
6. STEP KAITEN RIGHT LEG FORWARD INTO RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN JODAN UKE.
7. STEP KAITEN LEFTT LEG FORWARD INTO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN JODAN UKE.
8. STEP KAITEN RIGHT LEG FORWARD INTO RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN JODAN UKE **(KIAI).**
9. TURN WITH LEFT FOOT BACKWARDS (90^{O} anti clockwise) LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.
10. STEP KAITEN RIGHT LEG FORWARD INTO RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.
11. RIGHT/ FOOT TURN ANTI CLOCKWISE 180º TURN TO RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN MAE GEDAN BARAI.

12. STEP KAITEN LEFT LEG FORWARD INTO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.

13. TURN ANTI CLOCKWISE LEFT 90^{O} TO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI.

14. STEP KAITEN RIGHT LEG FORWARD INTO RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI.

15. STEP KAITEN LEFT LEG FORWARD INTO LEFT/ZENKUTSU DACHI, LEFT/CHUDAN SEIKEN OI TSUKI.

16. STEP KAITEN RIGHT LEG FORWARD INTO RIGHT/ZENKUTSU DACHI, RIGHT/CHUDAN SEIKEN OI TSUKI **(KIAI).**

17. TURN WITH LEFT FOOT BACKWARDS (90^{O} anti clockwise) LEFT/KOKUTSU DACHI, LEFT/SHUTO MAWASHI UKE.

18. STEP KAITEN (225^{O} CLOCKWISE) RIGHT LEG FORWARD INTO RIGHT/KOKUTSU DACHI, RIGHT/SHUTO MAWASHI UKE. (END POSITION YON JU GO)

19. TURN RIGHT FOOT 135^{O} CLOCKWISE INTO RIGHT/KOKUTSU DACHI, RIGHT/SHUTO MAWASHI UKE.

20. STEP KAITEN (225^{O} ANTI CLOCKWISE) LEFT LEG FORWARD INTO LEFT/KOKUTSU DACHI, LEFT/SHUTO MAWASHI UKE. (END POSITION YON JU GO)

NAORE (left leg steps back) YASUME

KYOKUSHIN WORLD FEDERATION

PINAN SONO NI (2) URA

FUDO DACHI - YOI

1. KAITEN LEFT LEG 360^0 ANTI CLOCKWISE TURN TO LEFT/KOKUTSU DACHI AND PULL RIGHT FIST TO HIKITE WITH LEFT FIST ON TOP, DOUBLE BLOCK: LEFT/SEIKEN UCHI UKE - RIGHT/SEIKEN HIGH BLOCK (fist is horizontal).
2. RIGHT/TETTSUI HIZO UCHI (LEFT FIST CLOSE TO RIGHT EAR), LEFT LEG SLIDE INTO KIBA DACHI, LEFT/TETTSUI YOKO UCHI.
3. KAITEN RIGHT LEG 360^0 CLOCKWISE TURN TO RIGHT/KOKUTSU DACHI AND PULL LEFT FIST TO HIKITE WITH RIGHT FIST ON TOP, DOUBLE BLOCK RIGHT/SEIKEN UCHI UKE - LEFT/SEIKEN HIGH BLOCK (fist is horizontal).
4. LEFT/TETTSUI HIZO UCHI (LEFT FIST CLOSE TO RIGHT EAR) RIGHT LEG SLIDE INTO KIBA DACHI, RIGHT/TETTSUI YOKO UCHI.
5. PULL UP RIGHT LEG INTO RIGHT/TSURU ASHI DACHI, RIGHT/CHUDAN YOKO GERI/URAKEN SAYU UCHI PLACE RIGHT FOOT ON THE FLOOR ONE STEP BEHIND LEFT LEG INTO LEFT/KOKUTSU DACHI FACE FORWARD, SHUTO MAWASHI UKE.
6. KAITEN RIGHT LEG 180^0 CLOCKWISE RIGHT/KOKUTSU DACHI, RIGHT/SHUTO MAWASHI UKE.
7. KAITEN RIGHT LEG 180^0 ANTI CLOCKWISE LEFT/KOKUTSU DACHI, LEFT/SHUTO MAWASHI UKE.
8. LEFT/OSAE UKE, THEN KAITEN RIGHT LEG 180^0 CLOCKWISE INTO RIGHT/ZENKUTSU DACHI, RIGHT/YONHON NUKITE **(KIAI)**.
9. NORMAL TURN LEFT LEG 90º ANTI-CLOCKWISE INTO LEFT/KOKUTSU DACHI, LEFT/SHUTO MAWASHI UKE.
10. KAITEN RIGHT LEG 225^0 CLOCKWISE TO RIGHT/KOKUTSU DACHI, RIGHT/SHUTO MAWASHI UKE. (END POSITION YON JU GO)

11. NORMAL TURN RIGHT LEG 135^{O} CLOCKWISE RIGHT/KOKUTSU DACHI, RIGHT/ SHUTO MAWASHI UKE.

12. KAITEN LEFT LEG 225^{0} ANTI CLOCKWISE INTO LEFT/KOKUTSU DACHI, LEFT/SHUTO MAWASHI UKE. (END POSITION YON JU GO)

13. LEFT FOOT NORMAL TURN 45^{O} ANTI CLOCKWISE LEFT/ZENKUTSU DACHI, LEFT ARM INTO POSITION SHUTO JODAN UKE SIMULTANIOUS EXECUTE FAST RIGHT/GEDAN HAITO UKE. WHEN RIGHT/HAITO IS IN GEDAN POSITION (LEFT ARM IS STILL UP COVERING), RIGHT FIST CLOSES AND EXECUTE SLOW RIGHT/UCHI UKE, LEFT FIST (Hikite).

14. FIRST KAITEN RIGHT LEG 360^{0} CLOCKWISE INTO LEFT/ZENKUTSU DACHI THEN RIGHT/CHUDAN MAE GERI STEP INTO RIGHT/ZENKUTSU DACHI LEFT/CHUDAN SEIKEN GYAKU TSUKI.

15. LEFT/ ARM SLOW SEIKEN UCHI UKE, KAITEN LEFT LEG 360^{0} ANTI CLOCKWISE INTO RIGHT/ZENKUTSU DACHI THEN LEFT/CHUDAN MAE GERI STEP INTO LEFT/ZENKUTSU DACHI RIGHT/CHUDAN SEIKEN GYAKU TSUKI.

16. KAITEN RIGHT LEG 180^{0} CLOCKWISE RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN MOROTE UCHI UKE.

17. NORMAL TURN LEFT LEG 90º ANTI CLOCKWISE INTO LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MAE GEDAN BARAI

18. DIRECT LEFT/JODAN YONHON NUKITE 45º(inside) THEN KAITEN 225^{0} ANTI CLOCKWISE RIGHT LEG TO RIGHT/ZENKUTSU DACHI, SEIKEN JODAN UKE.

19. RIGHT/ FOOT TURN 135^{O} CLOCKWISE RIGHT/ZENKUTSU DACHI, RIGHT/SEIKEN GEDAN BARAI MAE.

20. DIRECT RIGHT/JODAN YONHON NUKITE 45º (inside)THEN KAITEN 225^{0} ANTI CLOCKWISE LEFT LEG TO RIGHT/ZENKUTSU DACHI, SEIKEN JODAN UKE **(KIAI)**.

NAORE (left leg steps back) YASUME

PINAN SONO SAN (3) URA

FUDO DACHI - YOI.

1. KAITEN LEFT LEG 450^{0} ANTI CLOCKWISE TURN TO LEFT/KOKUTSU DACHI, LEFT/SEIKEN UCHI UKE.
2. RIGHT FOOT FORWARD TO MUSUBI DACHI RIGHT/SEIKEN UCHI UKE LEFT/GEDAN BARAI.
3. LEFT/SEIKEN UCHI UKE, RIGHT/GEDAN BARAI.
4. KAITEN RIGHT LEG 360^{0} CLOCKWISE TURN TO RIGHT/KOKUTSU DACHI), RIGHT/SEIKEN UCHI UKE.
5. LEFT FOOT FORWARD TO MUSUBI DACHI, LEFT/SEIKEN UCHI UKE, RIGHT/GEDAN BARAI.
6. RIGHT/SEIKEN UCHI UKE, LEFT/ GEDAN BARAI.
7. TURN NORMAL LEFT LEG 90^{O} TO LEFT IN LEFT/ZENKUTSU DACHI, LEFT/SEIKEN MOROTE UCHI UKE.
8. KAITEN RIGHT LEG 180^{0} CLOCKWISE TO RIGHT ZENKUTSU DACHI LEFT/OSAE UKE AND RIGHT/OI YONHON NUKITE, LEFT OPEN HAND SUPPORTS YONHON NUKITE **(KIAI)**.
9. PULL BACK RIGHT HAND (FAST) TO LEFT ELBOW WITH PALM OUTSIDE (high block), THEN TURN WITH LEFT LEG 180 ^{O} ANTI CLOCKWISE INTO KIBA DACHI, LEFT/CHUDAN TETTSUI YOKO UCHI.
10. KAITEN RIGHT LEG 180^{0} CLOCKWISE INTO RIGHT ZENKUTSU DACHI RIGHT/CHUDAN SEIKEN OI TSUKI **(KIAI)**.
11. NORMAL TURN 180 ^{O} WITH LEFT LEG INTO MUSUBI DACHI, AND PLACE YOUR FISTS ON YOUR HIPS THE BACK OF YOUR HANDS FORWARD. WAIT FOR TWO SECONDS IN THIS POSITION.

12. (fists stay on hip) KAITEN RIGHT LEG 360^{O} CLOCKWISE, RIGHT LEG USHIRO CHUDAN MAWASHI GERI IMMEDIATE (foot does not touch floor) RIGHT CHUDAN YOKO GERI, STEP INTO KIBA DACHI, RIGHT/HIJI UKE.

13. RIGHT/URAKEN SAYU UCHI. (fist back to hip).

14. (fists stay on hip KAITEN LEFT LEG 360^{O} ANTI-CLOCKWISE, LEFT LEG USHIRO CHUDAN MAWASHI GERI IMMEDIATE (foot does not touch floor) LEFT CHUDAN YOKO GERI, STEP INTO KIBA DACHI, LEFT/HIJI UKE.

15. LEFT/URAKEN SAYU UCHI. (fist back to hip).

16. (fists stay on hip) KAITEN RIGHT LEG 360^{O} CLOCKWISE, RIGHT LEG USHIRO CHUDAN MAWASHI GERI IMMEDIATE (foot does not touch floor) RIGHT CHUDAN YOKO GERI, STEP INTO KIBA DACHI, RIGHT/HIJI UKE.

17. RIGHT/URAKEN SAYU UCHI. (fist back to hip).

18. KAITEN LEFT LEG 180^{0} ANTI CLOCKWISE INTO LEFT/ZENKUTSU DACHI WITH A DIRECT LEFT/CHUDAN SEIKEN OI TSUKI.

19. RIGHT LEG STEP FORWARD AND IMMEDIATE TURN WITH LEFT LEG 90^{O} (AS IN NORMAL PINAN 3) INTO KIBA DACHI (LIKE A KAITEN MOVEMENT), RIGHT/ USHIRO JODAN TSUKI, LEFT/ USHIRO HIJI ATE.

20. JUMP RIGHT/KOSA AND 360^{O} KAITEN CLOCKWISE (full turn while jumping) INTO KIBA DACHI, LEFT/ USHIRO JODAN TSUKI, LEFT/ USHIRO HIJI ATE. **(KIAI)**

    NAORE (right leg steps back) YASUME

PINAN SONO YON (4) URA

FUDO DACHI - YOI.

1. FIRST KAITEN LEFT LEG 360^0 ANTI-CLOCKWISE BACK INTO LEFT/KOKUTSU DACHI AT SAME TIME BOTH FIST TO HIKITE WITH LEFT FIST ON TOP, DOUBLE BLOCK: LEFT/ CHUDAN SHUTO UCHI UKE/RIGHT/SHUTO HIGH BLOCK.
2. KAITEN RIGHT LEG 360^0 CLOCKWISE TO RIGHT/KOKUTSU DACHI AT SAME TIME BOTH FISTS TO HIKITE WITH RIGHT FIST ON TOP, DOUBLE BLOCK: RIGHT/ CHUDAN SHUTO UCHI UKE/ LEFT/SHUTO HIGH BLOCK.
3. KAITEN WITH THE LEFT LEG TURN 270° INTO LEFT/ZENKUTSU DACHI, GEDAN SEIKEN JUJI UKE (right hand on top).
4. RIGHT LEG 180^O CLOCKWISE KAITEN INTO RIGHT/ZENKUTSU DACHI, RIGHT/ SEIKEN MOROTE UCHI UKE. (before turn both fists hikite)
5. LEFT/TSURU ASHI DACHI (FOOT IS IN A NEUTRAL POSITION).
6. LEFT/CHUDAN YOKO GERI LEFT/URAKEN YOKO UCHI, STEP INTO LEFT/ZENKUTSU DACHI TO THE LEFT, LEFT HAND OPENS AND EXECUTE A RIGHT HIJI ATE CHUDAN AGAINST LEFT OPEN HAND.
7. PULL RIGHT LEG UP INTO RIGHT/TSURU ASHI DACHI.
8. RIGHT/CHUDAN YOKO GERI RIGHT/URAKEN YOKO UCHI CHUDAN, STEP INTO RIGHT/ZENKUTSU DACHI TO THE RIGHT, RIGHT HAND OPENS AND EXECUTE A LEFT HIJI ATE CHUDAN AGAINST RIGHT OPEN HAND.
9. LOOK OVER YOUR LEFT SHOUDER AND PLACE A LEFT JODAN SHOTEI 45^O BACKWARDS AND PLACE YOUR RIGHT HAND IN READY POSITION FOR A SHUTO YOKO GANMEN UCHI BEHIND YOUR HEAD. THEN TURN YOUR BODY TO THE LEFT WITHOUT MOVING YOUR FEET INTO A LEFT/ZENKUTSU DACHI 45°. PULL BACK YOUR LEFT HAND INTO POSITION RIGHT BEFORE YOUR FOREHEAD AND SIMULTANIOUS EXECUTE SHUTO YOKO GANMEN UCHI TO THE FRONT. LOOK TO THE FRONT.

10. RIGHT/JODAN MAE GERI AND GO BACK INTO TSURU ASHI DACHI (foot does not touch the floor) THEN KAITEN CLOCKWISE INTO A STRAIGHTFORWARD KAKE ASHI DACHI, (cover with left shuto when jump) RIGHT/URAKEN SAYU UCHI (when land in RIGHT/KAKE ASHI DACHI) **(KIAI)**.

11. TURN ANTI CLOCKWISE LEFT LEG 270^{O} KERI NO YOI INTO LEFT/ZENKUTSU DACHI YON JU GO, MOROTE GEDAN BARAI (TURN INTO POSITION FAST, EXECUTE MOROTE GEDAN BARAI SLOW).

12. FIRST KAITEN RIGHT LEG 360^{0} CLOCKWISE BACK INTO LEFT/ZENKUTSU DACHI THEN RIGHT/MAE GERI CHUDAN, RIGHT/ZENKUTSU DACHI, (NIHON TSUKI) CHUDAN SEIKEN GYAKU TSUKI, CHUDAN SEIKEN OI TSUKI.

13. RIGHT LEG MOVES IN A STRAIGHT LINE TO RIGHT/ZENKUTSU DACHI KERI NO YOI YON JU GO (NORMAL STEP), MOROTE GEDAN BARAI (STEP INTO POSITION FAST, EXECUTE MOROTE GEDAN BARAI SLOW).

14. FIRST KAITEN LEFT LEG 360^{0} ANTI-CLOCKWISE BACK IN RIGHT/ZENKUTSU DACHI LEFT/MAE GERI CHUDAN, STEP INTO LEFT/ZENKUTSU DACHI, (NIHON TSUKI) CHUDAN SEIKEN GYAKU TSUKI, CHUDAN SEIKEN OI TSUKI.

15. NORMAL STEP LEFT LEG IN A STRAIGHT-LINE BACK TO LEFT/ZENKUTSU DACHI STRAIGHT FORWARD LEFT/ MOROTE SEIKEN UCHI UKE.

16. STEP RIGHT LEG KAITEN CLOCKWISE RIGHT/ZENKUTSU DACHI, RIGHT/ MOROTE SEIKEN UCHI UKE.

17. STEP LEFT LEG KAITEN ANTI CLOCKWISE INTO LEFT ZENKUTSU DACHI, LEFT/ MOROTE SEIKEN UCHI UKE.

18. FIRST RIGT LEG KAITEN 360 CLOCKWISE INTO LEFT/ZENKUTSU DACHI, HIGH GRAB (PLACE BOTH HANDS IN A HORIZONTAL JODAN POSITION) NEXT TO EACH OTHER. (to grab a head).

19. RIGHT/HIZA GERI **(KIAI).** PUT DOWN YOUR FOOT IN FRONT AND TURN 180^{O} CLOCKWISE LEFT/KOKUTSU DACHI (NORMAL TURN), SHUTO MAWASHI UKE.

20. RIGHT LEG KAITEN INTO RIGHT/KOKUTSU DACHI, RIGHT/ SHUTO MAWASHI UKE.

    NAORE (right leg steps back) YASUME

PINAN SONO GO (5) URA

FUDO DACHI - YOI.

1. FIRST KAITEN LEFT LEG 360^0 ANTI-CLOCKWISE BACK INTO LEFT/KOKUTSU DACHI, LEFT/SEIKEN UCHI UKE, RIGHT/CHUDAN GYAKU TSUKI.
2. PULL LEFT LEG BACK TO MUSUBI DACHI LEFT/FIST OVER RIGHT/FIST (hikite, on the RIGHT/ side of your body) IN THE SAME DIRECTION AS THE KATA STARTED.
3. KAITEN RIGHT LEG 360^0 CLOCKWISE TURN TO RIGHT/KOKUTSU DACHI, RIGHT/ SEIKEN UCHI UKE, LEFT/CHUDAN GYAKU TSUKI.
4. PULL RIGHT LEG BACK TO MUSUBI DACHI, RIGHT/FIST OVER LEFT/FIST (hikite, on the LEFT/ side of your body) IN THE SAME DIRECTION AS THE KATA STARTED.
5. KAITEN RIGHT LEG 180^o CLOCKWISE IN RIGHT/ZENKUTSU DACHI, RIGHT/MOROTE SEIKEN UCHI UKE.
6. KAITEN LEFT LEFT 180^o ANTI CLOCKWISE IN LEFT/ZENKUTSU DACHI, GEDAN SEIKEN JUJI UKE (RIGHT/ ON TOP).
7. DIRECT JODAN SHUTO JUJI UKE (RIGHT ON TOP).
8. OPEN HANDS AND TURN (GRAB) AND PULL BACK TO RIGHT SIDE OPEN HANDS (hikite, LEFT on top).
9. KAITEN RIGHT LEG IN RIGHT/ZENKUTSU DACHI, CHUDAN SEIKEN OI TSUKI.
10. DIRECT 180^O TURN SIMULTANEOUSLY WITH RIGHT/TEISOKU SOTO MAWASHI GERI, (hands in positon for right/gedan barai and look to the right), KIBA DACHI, RIGHT/GEDAN BARAI **(KIAI)**.
11. LOOK TO THE RIGHT, PREPARE HAISHU (both fists are close and right arm on top). EXECUTE LEFT/HAISHU UCHI (**SLOW).** WHEN START LEFT HAND OPENS SLOW AND FOLLOW THE MOVEMENT WITH YOUR EYES. (hikite right fist close).

12. RIGHT/JODAN TEISOKU SOTO MAWASHI GERI RIGHT/HIJI ATE (TO PALM), PULL LEG BACK INTO TSURU ASHI DACHI (RICGHT FOOT DOES NOT TOUCH FLOOR AND TURM 360^{O} CLOCKWISE INTO KAKE ASHI DACHI RIGHT/MOROTE UCHI UKE.

13. RIGHT/JODAN AGE TSUKI AND TURN SLOWLY 180^{O} ANTI CLOCKWISE SIMULTANIOUSLY TO LEFT/KOKUTSU DACHI.

14. JUMP TO THE FRONT INTO RIGHT/KAKE ASHI DACHI (NOT TO LOW AND KEEP BACK STRAIGHT) AND EXECUTE WITHOUT HIKITE DIRECT GEDAN SEIKEN JUJI UKE **(KIAI).**

15. KAITEN RIGHT LEG 270^{O} CLOCKWISE INTO RIGHT/ZENKUTSU DACHI, RIGHT/MOROTE SEIKEN UCHI UKE.

16. KAITEN LEFT LEG 405^{0} ANTI CLOCKWISE LEFT/ZENKUTSU DACHI RIGHT/ GEDAN SHOTEI UCHI LEFT/HAND TO RIGHT/RIGHT EAR (palm inside). (end position zenkutsu dachi is yon yu go/dado)

17. PULL RIGHT/HAND UP (fist close) LEFT/GEDAN BARAI (close fist) (in same time) MOVE TO KIBA DACHI. (all these moves execute simultaniously)

18. LEFT/FOOT BACK TO MUSUBI DACHI (ARMS STAY IN LAST POSITION)

19. KAITEN RIGHT LEG 315^{0} CLOCKWISE TO RIGHT/ZENKUTSU DACHI, LEFT/GEDAN SHOTEI UCHI, RIGHT OPEN HAND NEXT TO LEFT EAR (palm inside) (end position zenkutsu dachi is yon yu go/dado)

20. PULL LEFT/HAND UP (close fist), RIGHT/GEDAN BARAI (close fist) (in same time) MOVE TO KIBA DACHI (all moves simultaniously)

NAORE. (right foot steps back) YASUME

SEIPAI

MUSUBI DACHI MOKUSO – SEIPAI - YOI

1. RIGHT/MAE KIBA DACHI, RIGHT/CHUDAN HAISHU UCHI SLOW (hands open-shotei when you cover), (THEN CLOSE LEFT FIST WHEN PULL BACK TO HIKITE).

2. LEFT/ZENKUTSU DACHI, LEFT/ CHUDAN OI TSUKI,(RIGHT/HAND ON TOP AND OPEN).

3. RIGHT/MAE KIBA DACHI, RIGHT/JODAN HIJI ATE(hold right fist with left hand)

4. RIGHT/ JODAN YOKO GERI, BACK TO LEFT/KIBA DACHI, SHUTO UCHI UKE LEFT/ GEDAN BARAI (with bend wrist and open hand). LOOK TO THE LEFT

5. LEFT/ JODAN YOKO GERI, THEN LOOK TO THJE RIGHT AND SHUTO UCHI UKE, LEFT GEDAN BARAI.

6. TURN TO ZENKUTSU DACHI, RIGHT SHUTO YOKO GANMEN UCHI (left fist closed)

7. LEFT MAE TOBI GERI, LEFT KIBA DACHI, LEFT JODAN HIJI ATE **KIAI**. (hold left fist with right hand)

8. TURN TO RIGHT ZENKUTSU DACHI, RIGHT CHUDAN MOROTE UCHI UKE (left hand open)

9. RIGHT FOOT TO LEFT FOOT, TO RIGHT SANCHIN DACHI LEFT CHUDAN JUN TSUKI.

10. RIGHT NEKO ASHI DACHI, RIGHT URAKEN OROSHI UCHI, (elbow over left hand).

11. RIGHT KAKE UKE (**SLOW**) (elbow over left open hand).

12. RIGHT ZENKUTSU DACHI, (right fist back in hikite) RIGHT CHUDAN OI TSUKI.

13. RIGHT FOOT BACK TO MAE KIBA DACHI (left fist in hikite) SHUTO HIZO UCHI.

14. RIGHT TSURU ASHI DACHI, (both open hands in front of face).

15. RIGHT JODAN YOKO GERI, RIGHT JODAN MAE GERI (don´t touch floor) DROP RIGHT FOOT TO KIBA DACHI, GEDAN MOROTE TSUKI (direct).

16. TURN ANTI CLOCKWISE (180º) LEFT TSURU ASHI DACHI (both open hands in front of face).

17. LEFT JODAN YOKO GERI, LEFT JODAN MAE GERI (don´t touch floor) DROP LEFT FOOT TO KIBA DACHI, GEDAN MOROTE TSUKI. (direct)

18. LEFT TURN TO LEFT ZENKUTSU DACHI, LEFT GEDAN BARAI.

19. RIGHT/FOOT TO LEFT/LEG (ASHI BARAI), LUNGE BACK TO RIGHT/KAKE ASHI DACHI, HIKITE ON BOTH SIDES, YAMA TSUKI (right -shita and left jodan tsuki). **KIAI.**

20. MOVE FORWARD TO LEFT/KOKUTSU DACHI, LEFT/SHUTO MAWASHI UKE.

21. LEFT GEDAN BARAI (fast move and only with left arm)

22. LEFT UCHI UKE (only with left hand) SLOW.

23. RIGHT UCHI UKE/ LEFT GEDAN BARAI.

24. LEFT UCHI UKE/RIGHT GEDAN BARAI.

25. RIGHT JODAN MAE GERI, RIGHT/TSURU ASHI DACHI. RIGHT ZENKUTSU DACHI, RIGHT/CHUDAN UCHI UKE.

26. LEFT/TURN TO RIGHT/NEKO ASHI DACHI, RIGHT/HAITO UCHI (TO FACE) LEFT/INVERTED NUKITE (same time both hands).

27. MAE MAWASHI UKE (AROUND ONLY TO BODY AND NO STEP)

28. STEP BACK TO LEFT/KOKUTSU DACHI. RIGHT/TETTSUI UCHI CHUDAN TO LEFT HAND PALM.

29. STEP BACK TO RIGHT/KOKUTSU DACHI, RIGHT/ GEDAN TSUKI (CENTER) (with left palm support) **KIAI**.

    NOARE RIGHT FOOT TO MUSUBI DACHI, YASUME

KWF
KYOKUSHIN WORLD FEDERATION

SEIENCHIN

MUSUBI DACHI MOKUSO – SEIENCHIN – YOI - IBUKI

1. RIGHT/KIBA DACHI DADO 45^0, RAISE BOTH HANDS, PULL/TAKE HEAD DOWN (GEDAN SHOTEI COVER (SLOW).

2. RAISE HANDS TO FRONT (neck hight THUMBS OUT) CLENCH FISTS AND MOROTE GEDAN BARAI) tettsui out (**SLOW**).

3. RIGHT/HAITO UCHI UKE (both hands open) KAKE UKE+TENSHO UKE, LEFT NUKITE(**SLOW**).

4. LEFT/KIBA DACHI DADO 45º, RAISE BOTH HANDS, PULL/TAKE HEAD DOWN (GEDAN SHOTEI COVER (**SLOW**).

5. RAISE HANDS TO FRONT (neck hight THUMBS OUT), CLENCH FISTS AND MOROTE GEDAN BARAI (tettsui out) (**SLOW**).

6. LEFT/HAITO UCHI UKE (both hands open) KAKE UKE+TENSHO UKE, RIGHT NUKITE (**SLOW**).

7. RIGHT/KIBA DACHI DADO 45º RAISE BOTH HANDS, PULL/TAKE HEAD DOWN (GEDAN SHOTEI COVER) **(SLOW**).

8. RAISE HANDS TO FRONT (neck hight THUMBS OUT), CLENCH FISTS AND MOROTE GEDAN BARAI (tettsui out) (**SLOW**).

9. RIGHT/HAITO UCHI UKE (both hands open) KAKE UKE +TENSHO UKE, LEFT NUKITE (**SLOW**).

10. RIGHT/FOOT PULL BACK (RIGHT HAND HIKITE WITH LEFT **OPEN** HAND UNDER) LUNGE TO MOROASHI DACHI, RIGHT CHUDAN OI TSUKI (**KIAI**). (with left hand open and on top of cote).

11. MOVE RIGHT FOOT BACK AND COVER IN FRONT WITH LEFT OPEN HAND, TWIST TO LEFT ZENKUTSU DACHI AND RIGHT CHUDAN HIJI ATE TO LEFT PALM.

12. RIGHT KOKUTSU DACHI 45º PULL BACK BOTH HANDS TOGETHER AND RIGHT FIST CLOSE AND LEFT OPEN (FAST), RIGHT MOROTE UCHI UKE LEFT HAND OPEN AND FINGERS TOP ON FIST ON RIGHT HAND (**SLOW**).

13. LEFT KIBA DACHI, LEFT GEDAN BARAI, (LEFT FOOT BACK TO KIBA DACHI) RIGHT GEDAN BARAI.

14. LEFT KOKUTSU DACHI 45º PULL BACK HANDS TOGETHER AND LEFT FIST CLOSED AND RIGHT OPEN (**FAST**), LEFT MOROTE UCHI UKE (**RIGHT HAND OPEN**) AND FINGER TOP WITH FIST ON LEFT HAND. (**SLOW**).

15. RIGHT KIBA DACHI, RIGHT GEDAN BARAI, RIGHT FOOT BACK TO LEFT KIBA DACHI LEFT GEDAN BARAI.

16. LEFT FOOT BACK TO RIGHT KIBA DACHI, KATA GURUMA (**SLOW**).

17. RIGHT FOOT BACK TO LEFT KIBA DACHI, KATA GURUMA (**SLOW**).

18. RIGHT FOOT TO LEFT FOOT (HEISOKU DACHI), RIGHT SOTO UKE TO LEFT PALM, RIGHT SANCHIN DACHI, RIGHT URAKEN OROSHI UCHI WITH ELBOW OVER LEFT OPEN HAND (**KIAI**).

19. RIGHT FOOT TURN TO LEFT SANCHIN DACHI 45º. UCHI UKE GEDAN BARAI (right hand down). (**SLOW**).

20. RIGHT KIBA DACHI, COVER WITH LEFT HAND SHOTEI, RIGHT JODAN AGE TSUKI (**KIAI**). DIRECT RIGHT URAKEN SHOMEN UCHI RIGHT GEDAN BARAI.

21. RIGHT FOOT BACK TO LEFT KIBA DACHI, LEFT GEDAN BARAI.

22. RIGHT FOOT DRAWS TO RIGHT NEKO ASHI DACHI, (cover with left hiji ate) RIGHT MAE HIJI ATE.

23. RIGHT FOOT DRAWS TO LEFT NEKO ASHI DACHI, LEFT MAE HIJI ATE.

24. TURN TO RIGHT SANCHIN DACHI, 45º UCHI UKE GEDAN BARAI (left hand down) **SLOW**.

25. LEFT KIBA DACHI, COVER WITH RIGHT HAND SHOTEI, LEFT JODAN AGE TSUKI (**KIAI**) DIRECT URAKEN UCHI, LEFT GEDAN BARAI

26. LEFT FOOT BACK TO RIGHT KIBA DACHI, RIGHT GEDAN BARAI

27. LEFT FOOT DRAWS TO LEFT NEKO ASHI DACHI (cover with right hiji ate) LEFT MAE HIJI ATE.

28. LEFT FOOT DRAWS TO RIGHT NEKO ASHI DACHI, RIGHT MAE HIJI ATE.

29. RIGHT SANCHIN DACHI (forward) RIGHT URAKEN WITH RIGHT ELBOW ON LEFT FIST.

30. RIGHT/LEG STEP BACK TO LEFT KOKUTSU DACHI, ARMS IN FRONT (MOVE TOGETHER WITH OPEN HAND) COVER AND THEN PULL DOWN (A HEAD). **IBUKI**.

    NAORE, LEFT FOOT BACK TO MUSUBI DASHI, YASUME.

KANKU

MUSUBI DACHI MOKUSO – KANKU – YOI - IBUKI

1. LOW KANKU, HIGH KANKU, (WITH OPEN HANDS) (**SLOW**), RIGHT SHUTO HIZO UCHI TO LEFT PALM, (SLOW TO FAST).

2. LEFT TURN TO LEFT KOKUTSU DACHI, SHUTO MAWASHI UKE.

3. RIGHT TURN TO RIGHT KOKUTSU DACHI, SHUTO MAWASHI UKE.

4. TURN TO LEFT SANCHIN DACHI, LEFT UCHI UKE, RIGHT CHUDAN GYAKU TSUKI CHUDAN.

5. RIGHT UCHI UKE, LEFT OI CHUDAN TSUKI.

6. LEFT KOKUTSU DACHI, SHUTO MAWASHI UKE (move only LEFT feet).

7. RIGHT KOKUTSU DACHI, SHUTO MAWASHI UKE.

8. LEFT KOKUTSU DACHI, SHUTO MAWASHI UKE.

9. RIGHT ZENKUTSU DACHI, LEFT OSAI UKE WITH RIGHT CHUDAN YONHON NUKITE **KIAI.**

10. LEFT FOOT (back foot) TURN TO LEFT ZENKUTSU DACHI WITH LEFT SHUTO COVER, RIGHT SHUTO YOKO GANMEN UCHI.

11. RIGHT JODAN MAE GERI TO RIGHT ZENKUTSU DACHI, (holds hand in yoko ganmen uchi). NIHON CHUDAN TSUKI LEFT AND RIGHT.

12. RIGHT FOOT MOVES FROM FRONT TO BACK AND TURN TO RIGHT ZENKUTSU DACHI WITH RIGHT SHUTO COVER, LEFT SHUTO YOKO GANMEN UCHI.

13. LEFT JODAN MAE GERI TO LEFT ZENKUTSU DACHI (hold hands in yoko ganmen uchi) NIHON CHUDAN TSUKI RIGHT AND LEFT.

14. PULL LEFT FOOT BACK TO MUSUBI DACHI, LEFT FIST TO HIKITE WITH RIGHT HAND ON TOP (**SLOW**).

15. RIGHT JODAN MAE GERI (foot down) RIGHT JOIAN YOKO GERI, RIGHT URAKEN YOKO UCHI INTO RIGHT ZENKUTSU DACHI (90º) LEFT JODAN HIJI ATE TO RIGHT PALM.

16. PULL LEFT FOOT BACK TO MUSUBI DACHI, RIGHT FIST TO HIKITE WITH LEFT HAND ON TOP (**SLOW**).

17. LEFT JODAN MAE GERI (foot down) LEFT JODAN YOKO GERI, LEFT URAKEN YOKO UCHI INTO LEFT ZENKUTSU DACHI 90º. RIGHT JODAN HIJI ATE TO LEFT PALM.

18. RIGHT SANCHIN DACHI (45º), RIGHT JODAN UKE, (DIRECT) RIGHT URAKEN UCHI, (RIGHT BACK TO HIKITE), RIGHT CHUDAN HIJI ATE, COVER LEFT AND GO DOWN IN A LOW STANCE WITH RIGHT OROSHI HIJI ATE. **KIAI.**

19. LEFT SANCHIN DACHI (45º), LEFT JODAN UKE, (DIRECT) LEFT URAKEN GANMEN UCHI, (LEFT BACK TO HIKITE) LEFT CHUDAN HIJI ATE, COVER RIGHT AND GO DOWN IN A LOW STANCE WITH LEFT OROSHI HIJI ATE **KIAI**

20. MOVE/TURN (FROM DADO TO FRONT) RIGHT AGE KAKATO USHIRO GERI TO RIGHT MORASHI DACHI, MOROTE SHUTO GEDAN BARAI.

21. RIGHT AGE KAKATO USHIRO GERI TO RIGHT MOROASHI DACHI, MOROTE SHUTO GEDAN BARAI.

22. RIGHT FIST INVERTED IN HIKITE WITH LEFT HAND UNDER, AT THE SAME TIME RIGHT AGE KAKATO USHIRO GERI INTO RIGHT MOROASHI DACHI AND RIGHT CHUDAN TSUKI, LEFT HAND ON TOP (WITH PALM).

23. LEFT TURN, LEFT AGE KAKATO USHIRO GERI TO LEFT MOROASHI DACHI, MOROTE SHUTO GEDAN BARAI.

24. LEFT AGE KAKATO USHIRO GERI TO LEFT MOROASHI DACHI, MOROTE SHUTO GEDAN BARAI.

25. LEFT AGE KAKATO USHIRO GERI TO LEFT MORO ASHI DACHI, MOROTE SHUTO GEDAN BARAI.

26. LEFT FIST INVERTED IN HIKITE WITH RIGHT HAND UNDER, AT THE SAME TIME LEFT AGE KAKATO USHIRO GERI INTO LEFT MOROASHI DACHI AND LEFT CHUDAN TSUKI, RIGHT HAND ON TOP (WITH PALM).

27. RIGHT MAE KIBA DACHI, RIGHT CHUDAN JUN TSUKI **KIAI.**

28. PULL RIGHT FOOT BACK TO MUSUBI DACHI, BOTH FISTS TO HIKITE WITH RIGHT FIST ON TOP (**SLOW**).

29. RIGHT JODAN MAE GERI (foot down) RIGHT JODAN YOKO GERI, RIGHT URAKEN YOKO UCHI LAND IN RIGHT ZENKUTSU DACHI, LEFT JODAN HIJI ATE TO RIGHT PALM.

30. PULL LEFT FOOT BACK TO MUSUBI DACHI, BOTH FISTS TO HIKITE WITH LEFT FIST ON TOP.

31. LEFT JODAN MAE GERI (foot down) LEFT JODAN YOKO GERI, LEFT URAKEN YOKO UCHI LAND IN LEFT ZENKUTSU DACHI, RIGHT JODAN HIJI ATE TO LEFT PALM.

32. MOVE RIGHT FOOT TO LEFT FOOT AND BRING LEFT FIST TO HIKITE AND RIGHT FIST ON TOP, JUMP TO RIGHT/KAKE DACHI, PUNCH RIGHT CHUDAN TETTSUI AND LEFT GYAKU TSUKI CHUDAN **KIAI** (same level).

33. LEFT FOOT MOVES TO MAE KIBA DACHI, LEFT HAISHU (left hand opens when moves) RIGHT HAND CLOSE, SLOW

34. RIGHT JODAN TEISOKU SOTO MAWASHI GERI TO LEFT PALM, RIGHT JODAN HIJI ATE ALSO TO LEFT HAND, LUNGE TO KAKE ASHI DACHI, PUNCH RIGHT CHUDAN TETTSUI AND LEFT GYAKU TSUKI CHUDAN. (same level)

35. JUMP UP, THRUST LEFT LEG BACK AND LAND IN A LOW RIGHT ZENKUTSU DACHI BOTH HANDS TOUCH THE FLOOR (look forward)

36. BODY COMES UP (back straight look back), USHIRO SHUTO MOROTE UKE.

37. RISE TO RIGHT KOKUTSU DACHI, RIGHT/SHUTO MAWASHI UKE.

38. TURN TO LEFT SANCHIN DACHI, UCHI UKE/GEDAN BARAI (right hand down).

39. STILL IN SANCHIN DACHI, UCHI UKE/GEDAN BARAI (left hand down).

40. KANKU AS IN BEGINNING COMPLETE.

41. RIGHT URA (180 DEG) BACK TURN TO KIBA DACHI, RIGHT CHUDAN YONHON NUKITE (covering with shotei)

42. LEFT CHUDAN YOKO NUKITE. (covering with shotei)

43. LEFT HAND SHOTEI SWEEPS DOWN ACROSS AND UP, CHUDAN KAKE UKE (**SLOW**) RIGHT HAND STAYS IN HIKITE **IBUKI**.

44. DOUBLE RIGHT/LEFT CHUDAN YONHON NUKITE

45. LEFT URA 180^{o} BACK TURN TO KIBA DACHI, LEFT CHUDAN YOKO NUKITE. (covering with shotei)

46. RIGHT CHUDAN YOKO NUKITE. (covering with shotei)

47. RIGHT HAND SHOTEI SWEEPS DOWN AND UP KAKE UKE (**SLOW**). **IBUKI**.

48. DOUBLE LEFT/RIGHT CHUDAN YONHON NUKITE.

49. RIGHT URA 90°. BACK TURN TO RIGHT KIBA DACHI, RIGHT CHUDAN YOKO NUKITE. (covering with shotei)

50. LEFT CHUDAN YOKO NUKITE. (covering with shotei)

51. LEFT HAND SHOTEI SWEEPS DOWN AND UP, KAKE UKE(**SLOW) IBUKI**.

52. DOUBLE RIGHT/LEFT CHUDAN YONHON NUKITE.

53. RIGHT FOOT STEPS ACROSS (MAE KOSA) TO KIBA DACHI, LEFT CHUDAN YOKO NUKITE.

54. RIGHT CHUDAN YOKO NUKITE. (covering with shotei)

55. RIGHT HAND SHOTEI SWEEPS DOWN AND UP, KAKE UKE(**SLOW**) **IBUKI**.

56. LEFT/RIGHT CHUDAN YONHON NUKITE.

57. RAISE BOTH HANDS OPEN, OVER RIGHT SHOULDER, CLENCH FISTS AND PULL BOTH HANDS DOWN AS YOU TURN INTO LEFT ZENKUTSU DACHI (right hand inverted).

58. LEFT GEDAN BARAI, RIGHT GEDAN GYAKU TSUKI. **KIAI**.

59. RAISE BOTH HANDS OPEN OVER YOUR LEFT SHOULDER, CLENCH AND PULL BOTH HANDS DOWN AS YOU TURN INTO RIGHT ZENKUTSU DACHI (left hand inverted).

60. RIGHT GEDAN BARAI LEFT GEDAN GYAKU TSUKI **KIAI**.

NAORE, LEFT FOOT TO RIGHT MUSUBI DACHI, YASUME.

GARYU

MOKUSO – GARYU – YOI - IBUKI

1. LEFT/ MOROTE JODAN KAKE UKE (YOI DACHI)

2. RIGHT/JODAN MAWASHI GERI(chusoku).

3. RIGHT/JODAN MOROTE KAKE UKE.

4. LEFT/JODAN MAWASHI GERI (chosuku).

5. JUMP BACK TO LEFT/ZENKUTSU DACHI, MOROTE SHUTO GEDAN BARAI.

6. LEFT/ JODAN MAE TOBI GERI, LEFT/ZENKUTSU DACHI AND JODAN MOROTE TSUKI. **KIAI**.

7. RIGHT/KOKUTSU DACHI, RIGHT/JODAN MOROTE KAKE UKE.

8. LEFT/KOKUTSU DACHI, LEFT/JODAN MOROTE KAKE UKE JODAN.

9. RIGHT/KOKUTSU DACHI, RIGHT/JODAN MOROTE KAKE UKE.

10. LEFT/KOKUTSU DACHI, LEFT/ JODAN MOROTE KAKE UKE.

11. STEP BACK TO RIGHT/KOKUTSU DACHI, GEDAN MOROTE SHOTEI UKE, JODAN MOROTE KOKEN UCHI (right hand on top).

12. STEP BACK TO LEFT/KOKUTSU DACHI, GEDAN MOROTE SHOTEI UKE, JODAN MOROTE KOKEN UCHI (left hand on top).

13. STEP BACK TO RIGHT/KOKUTSU DACHI, GEDAN MOROTE SHOTEI UKE, JODAN MOROTE KOKEN UCHI (right hand on top).

14. STEP BACK TO LEFT/KOKUTSU DACHI, GEDAN MOROTE SHOTEI UKE, JODAN MOROTE KOKEN UCHI (left hand on top).

15. RIGHT/ JODAN MAWASHI GERI (HAISOKU), LEFT/ JODAN USHIRO MAWASHI GER, LAND IN LEFT/ KOKUTSU DACHI, LEFT/ JODAN MOROTE KAKE UKE.

16. RIGHT/KOKUTSU DACHI, RIGHT/ JODAN MOROTE KAKE UKE.

17. LEFT/KOKUTSU DACHI, LEFT/ JODAN MOROTE KAKE UKE.

18. RIGHT/ FOOT 270° (90° back) TURN TO RIGHT/KOKUTSU DACHI, RIGHT/JODAN MOROTE KAKE UKE.

19. LEFT/TURN (180°) TO LEFT/KOKUTSU DACHI, LEFT/ JODAN MOROTE KAKE UKE.

20. LEAP TO RIGHT/KAKE ASHI DACHI (90°), JODAN MOROTE KAKE UKE, **KIAI.**

21. JUMP ANTI CLOCKWISE (145°), RIGHT/KAKE ASHI DACHI, GEDAN SEIKEN JUJI UKE.

22. RIGHT/SOSHIN DACHI, RIGHT/SHUTO MAWASHI UKE.

23. RIGHT/KAKE UKE (slow), LEFT CHUDAN GYAKU TSUKI.

24. LEFT/TURN TO LEFT/SOSHIN DACHI, LEFT/SHUTO MAWASHI UKE.

25. LEFT/KAKE UKE (slow) RIGHT/CHUDAN GYAKU TSUKI.

26. SPREAD HANDS TO TRAPPING ACTION (slow), LEFT HAND ABOVE.

27. RIGHT/KOKUTSU DACHI, RIGHT/CHUDAN MOROTE HAITO UCHI UKE.

28. LEFT/KOKUTSU DACHI, LEFT/CHUDAN MOROTE HAITO UCHI UKE.

29. RIGHT/KOKUTSU DACHI, RIGHT/CHUDAN MOROTE HAITO UCHI UKE.

30. LEFT TURN TO LEFT/KOKUTSU DACHI, LEFT/HAITO UCHI UKE, RIGHT/ CHUDAN YONHON NUKITE **KIAI**.

    NAORE, (left foot goes back to right foot MUSUBI DACHI) YASUME.

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SUSHIHO

MUSUBI DACHI MOKUSO – SUSHIHO - YOI

1. RIGHT ASHI KICKS UP AND BACK (AGE KAKATO USHIRO GERI) LUNGE TO RIGHT MOROASHI DACHI, LEFT HAND JODAN COVER IN FRONT (position hand is shotei), RIGHT URAKEN OROSHI UCHI, RIGHT EMPI ON LEFT HIRATE. (right arm is on top).

2. RIGHT ASHI KICKS UP AND BACK (AGE KAKATO USHIRO GERI), LUNGE TO RIGHT MOROASHI DACHI, LEFT HAND JODAN COVER IN FRONT (position of hand is shotei), RIGHT URAKEN OROSHI UCHI, RIGHT EMPI ON LEFT HIRATE. (right arm is on top).

3. LEFT SANCHIN DACHI KAMAE (COVER GEDAN) DOUBLE MOROTE UCHI UKE (**SLOW**).

4. RIGHT SANCHIN DACHI, RIGHT JODAN KAKE UKE (**SLOW**).

5. CHUDAN NIHON TSUKI, LEFT- RIGHT.

6. LEFT SANCHIN DACHI, LEFT JODAN KAKE UKE (**SLOW**).

7. CHUDAN NIHON TSUKI, RIGHT-LEFT.

8. RIGHT JODAN YOKO GERI (45º) MOVE DIRECT TO MIGI KIBA DACHI MIGI SEIKEN JUN TSUKI (Shoulder level).

9. LEFT JODAN YOKO GERI JODAN (45 º) MOVE DIRECT TO HIDARI KIBA DACHI HIDARIE SEIKEN JUN TSUKI (Shoulder level).

10. (TWIST) TO LEFT ZENKUTSU DACHI, RIGHT CHUDAN AGE HIJI ATE ((FRONT), RIGHT FOOT TO LEFT FOOT, (THEN OUT TO MIGI) YOKO KIBA DACHI (ONE LINE), LEFT CHUDAN AGE HIJI ATE, RIGHT OROSHI HIJI ATE (GO DOWN into DEEPER KIBA DACHI) **KIA**I.

11. RIGHT USHIRO AGE KAKATO GERI, RIGHT MORO ASHI DACHI, MOROTE SHUTO GEDAN BARAI.

12. RIGHT USHIRO AGE KAKATO GERI, RIGHT MORO ASHI DACHI, MOROTE SHUTO GEDAN BARAI.

13. LEFT LEG TURNS BACKWARDS TO LEFT KOKUTSU DACHI, LEFT HAITO UCHI UKE, LEFT OSAE UKE, RIGHT CHUDAN SHOTEI UCHI (POWER THROUGH SHOTEI).

14. RIGHT KOKUTSU DACHI, RIGHT HAITO UCHI UKE (DIRECT), RIGHT OSAE UKE, LEFT CHUDAN SHOTEI UCHI.

15. LEFT KOKUTSU DACHI, LEFT HAITO UCHI UKE (DIRECT), LEFT OSAE UKE, RIGHT CHUDAN SHOTEI UCHI.

16. LEFT KIBA DACHI (ONLY MOVE LEFT FOOT), SHUTO MOROTE GEDAN UKE, LEFT SIDE.

17. LEFT USHIRO KOSA (LEFT ASHI CROSSES BEHIND RIGHT ASHI) INTO KIBA DACHI, MOROTE SHUTO GEDAN UKE (LEFT SIDE) HANDS UP (LOOK UP) AND GRAB (THROW) RIGHT HAND ON TOP **KIAI**. (both hands are clenched into SEIKEN)

18. NO STEP, ONLY MOROTE SHUTO GEDAN BARAI TO THE RIGHT SIDE.

19. RIGHT USHIRO KOSA (RIGHT ASHI CROSSES BEHIND LEFT ASHI) INTO KIBA DACHI, MOROTE SHUTO GEDAN UKE (RIGHT SIDE) HANDS UP (LOOK UP) AND GRAB (THROW) LEFT HAND ON TOP. **KIAI**. (both hands are clenched into SEIKEN)

20. RIGHT TO LEFT SHUTO MOROTE GEDAN BARAI (LEFT SIDE).

21. LUNGE TO RIGHT MOROASHI DACHI, RIGHT URAKEN (RIGHT EMPI ON LEFT HIRATE).

22. LEFT TURN (move LEFT ASHI) TO LEFT SANCHIN DACHI, LEFT UCHI UKE, BACK TO CHUDAN HIKITE, CHUDAN HIJI ATE, URAKEN SHOMEN UCHI, RIGHT SHUTO HIZO UCHI.

23. RIGHT SANCHIN DACHI, RIGHT HAND BACK TO HIKITE, CHUDAN HIJI ATE, URAKEN SHOMEN UCHI, LEFT SHUTO HIZO UCHI.

24. LEFT SANCHIN DACHI, LEFT HAND BACK TO HIKITE, CHUDAN HIJI ATE, URAKEN SHOMEN UCHI, RIGHT SHUTO HIZO UCHI.

25. RAISE RIGHT PALM TO JODAN. (SLOW)

26. RIGHT CHUDAN MAE GERI TO RIGHT ZENKUTSU DACHI, LEFT CHUDAN GYAKU TSUKI **KIAI**, RIGHT PALM ON LEFT ARM (COTE).

27. ENKEI TURN (TWIST LEFT TO ZENKUTSU DACHI 45°) MOROTE GEDAN BARAI.

28. LIFT ARMS IN 1½ CIRCLE (INSIDE OUT) SLOW UNTILL THE POSITION OF JODAN JUJI UKE THEN TURN INTO LEFT ZENKUTSU DACHI AND MOROTE GEDAN BARAI ON TURN.

29. RIGHT KOKUTSU DACHI, CHUDAN MOROTE KAKE UKE. **SLOW**.

30. LEFT KOKUTSU DACHI, CHUDAN MOROTE KAKE UKE. **SLOW**.

31. RIGHT KOKUTSU DACHI, CHUDAN MOROTE KAKE UKE (JODAN/CHUDAN).**SLOW**.

32. 270°(90° BACK) TURN TO LEFT KOKUTSU DACHI, CHUDAN MOROTE KAKE UKE. **SLOW**.

33. HIDARI KIBA DACHI MAE KOSA (MOVE RIGHT FEET AND CROSS LEFT FOOT IN FRONT) SHUTO MOROTE GEDAN UKE (LEFT SIDE).

34. LEFT OSAE UKE, RIGHT URAKEN OROSHI (RIGHT EMPI ON LEFT HIRATE)

35. LEFT AND RIGHT CHUDAN YONHON NUKITE. **KIA**I.

36. LEFT TO RIGHT SHUTO MOROTE GEDAN BARAI (NO STEP).

37. MIGI KIBA DACHI MAE KOSA (LEFT FOOT MOVES) SHUTO MOROTE GEDAN UKE (right side).

38. RIGHT OSAE UKE, LEFT URAKEN, LEFT EMPI ON RIGHT HIRATE.

39. RIGHT AND LEFT CHUDAN YONHON NUKITE, **KIAI**.

40. RIGHT KOKUTSU DACHI, OI JODAN TSUKI (twist shoulder/45º).

41. LEFT KOKUTSU DACHI, OI JODAN TSUKI (twist shoulder/45º).

42. RIGHT KOKUTSU DACHI, OI JODAN TSUKI (twist shoulder/45º).

43. TURN TO LEFT SANCHIN DACHI and prepare URAKEN SAYU UCHI (moves hands to position)

44. MOROTE URAKEN SAYU UCHI (bring hands back) DOUBLE MOROTE HAITO UCHI, BOTH HANDS TO HIKITE, MOROTE TSUKI JODAN AND AGAIN BACK TO HIKITE, SEIKEN MOROTE GEDAN BARAI, (ALL **FAST**). LIFT ARMS IN A COMPLETE CIRCLE (normal speed) INTO MOROTE GEDAN BARAI (**FAST**).

45. TURN TO LEFT ZENKUTSU DACHI, RIGHT CHUDAN GYAKU TSUKI.

46. RIGHT USHIRO AGE KAKATO GERI RIGHT MOROASHI DACHI, MOROTE SHUTO GEDAN BARAI.

47. RIGHT USHIRO AGE KAKATO GERI, RIGHT MOROASHI DACHI, MOROTE SHUTO GEDAN BARAI.

48. RIGHT USHIRO AGE KAKATO GERI, RIGHT MORASHI DACHI, MOROTE SHUTO GEDAN BARAI.

49. LEFT TURN TO LEFT KOKUTSU DACHI, LEFT OSAE UKE, RIGHT CHUDAN YONHON NUKITE.

50. RIGHT KOKUTSU DACHI, RIGHT OSAE UKE, LEFT CHUDAN YONHON NUKITE. **KIAI**

NAORE, RIGHT FOOT BACK TO MUSUBI DACHI. YASUME

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