

TENKARA KARATE-DO ORGANIZATION

KATA

KATA - POINTS FOR THE BEGINNER

- Kata is a series of prearranged movements designed for fighting multiple opponents at one time.
- Be aware of these six areas when training.
 - (1) Eyes
 - (2) Pace
 - (3) Breathing
 - (4) Technique
 - (5) Focus
 - (6) Kiai
- If training consistently, the kata will give you improved speed, balance, posture, contact, technique and coordination.
- A good way to practice a kata is to do it four times easy, making sure all moves are correct, then do it one time hard with proper pace and kiai.
- Most forms have two kiai points usually set on the finishing techniques
- Try to visualize what you are doing when you do the kata, this will help you to understand it better.
- Steps to follow when learning a kata.
 - (1) Learn the schematics of the forms (the moves).
 - (2) Learn the proper pace of the form.
 - (3) Learn to do the form without thinking about each move.
- If you have any questions about a kata you have been taught, ask a black belt about it.
- When teaching a kata use a three-step approach.
 - (1) Go through the forms with the person.
 - (2) Count slowly, watching for and correcting errors.
 - (3) Have them go hard and fast using proper pace.
- The kata, which is translated as form, also allows you to practice your combinations at imaginary opponents using full power.
- The karate kata demands complete concentration and maximum effort from its practitioner. Kata is more difficult than sparring mainly because when it comes to kata you are 100% in control of the action.
- The means used by masters to hand down their techniques over the ages has been the kata. This fact in itself should give us reason to practice katas.
- The essence of karate is in the kata. Practice repeatedly and indefinitely.

TAIKYOKU 1

1. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
2. Step right zenkutsu dachi, right chudan tsuki.
3. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
4. Step left zenkutsu dachi, left chudan tsuki.
5. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
6. Step right zenkutsu dachi, right chudan tsuki.
7. Step left zenkutsu dachi, left chudan tsuki.
8. Step right zenkutsu dachi, right chudan tsuki. KIAI.
9. Reverse turn 270 degrees into left zenkutsu dachi, left gedan barai.
10. Step right zenkutsu dachi, right chudan tsuki.
11. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
12. Step left zenkutsu dachi, left chudan tsuki.
13. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
14. Step right zenkutsu dachi, right chudan tsuki.
15. Step left zenkutsu dachi, left chudan tsuki.
16. Step right zenkutsu dachi, right chudan tsuki. KIAI.
17. Reverse turn 270 degrees to left zenkutsu dachi, left gedan barai.
18. Step right zenkutsu dachi, right chudan tsuki.
19. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
20. Step left zenkutsu dachi, left chudan tsuki.

TAIKYOKU 2

(Same as Taikyoku 1 except change all strikes from chudan tsuki to jodan tsuki. Blocks are the same.)

1. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
2. Step right zenkutsu dachi, right jodan tsuki.
3. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
4. Step left zenkutsu dachi, left jodan tsuki.
5. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
6. Step right zenkutsu dachi, right jodan tsuki.
7. Step left zenkutsu dachi, left jodan tsuki.
8. Step right zenkutsu dachi, right jodan tsuki. KIAI.
9. Reverse turn 270 degrees into left zenkutsu dachi, left gedan barai.
10. Step right zenkutsu dachi, right jodan tsuki.
11. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
12. Step left zenkutsu dachi, left jodan tsuki.
13. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
14. Step right zenkutsu dachi, right jodan tsuki.
15. Step left zenkutsu dachi, left jodan tsuki.
16. Step right zenkutsu dachi, right jodan tsuki. KIAI.
17. Reverse turn 270 degrees to left zenkutsu dachi, left gedan barai.
18. Step right zenkutsu dachi, right jodan tsuki.
19. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
20. Step left zenkutsu dachi, left jodan tsuki.

TAIKYOKU 3

1. Turn 90 degrees left into left kokutsu dachi, left chudan uchi uke.
2. Step right zenkutsu dachi, right chudan tsuki.
3. Turn 180 degrees into right kokutsu dachi, right chudan uchi uke.
4. Step left zenkutsu dachi, left chudan tsuki.
5. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
6. Step right zenkutsu dachi, right jodan tsuki.
7. Step left zenkutsu dachi, left jodan tsuki.
8. Step right zenkutsu dachi, right jodan tsuki. KIAI
9. Reverse turn 270 degrees into left kokutsu dachi, left chudan uchi uke.
10. Step right zenkutsu dachi, right chudan tsuki.
11. Turn 180 degrees into right kokutsu dachi right chudan uchi uke.
12. Step left zenkutsu dachi left chudan tsuki.
13. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
14. Step right zenkutsu dachi, right jodan tsuki.
15. Step left zenkutsu dachi, left jodan tsuki.
16. Step right zenkutsu dachi, right jodan tsuki. KIAI
17. Reverse turn 270 degrees to left kokutsu dachi, left chudan uchi uke.
18. Step right zenkutsu dachi, right chudan tsuki.
19. Turn 180 degrees into right kokutsu dachi, right chudan uchi uke.
20. Step left zenkutsu dachi, left chudan tsuki.

TAIKYOKU 1 KOKOROKAN

(Same as Taikyoku 1 except you front kick before each punch.)

1. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
2. Right mae geri, step right zenkutsu dachi, right chudan tsuki.
3. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
4. Left mae geri, step left zenkutsu dachi, left chudan tsuki.
5. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
6. Right mae geri, step right zenkutsu dachi, right chudan tsuki.
7. Left mae geri, step left zenkutsu dachi, left chudan tsuki.
8. Right mae geri, step right zenkutsu dachi, right chudan tsuki. KIAI.
9. Reverse turn 270 degrees into left zenkutsu dachi, left gedan barai.
10. Right mae geri, step right zenkutsu dachi, right chudan tsuki.
11. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
12. Left mae geri, step left zenkutsu dachi, left chudan tsuki.
13. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
14. Right mae geri, step right zenkutsu dachi, right chudan tsuki.
15. Left mae geri, step left zenkutsu dachi, left chudan tsuki.
16. Right mae geri, step right zenkutsu dachi, right chudan tsuki. KIAI.
17. Reverse turn 270 degrees to left zenkutsu dachi, left gedan barai.
18. Right mae geri, step right zenkutsu dachi, right chudan tsuki.
19. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
20. Left mae geri, step left zenkutsu dachi, left chudan tsuki.

PINAN 1 KATA

1. Turn 90 degrees left into zenkutsu dachi, left gedan barai.
2. Step right zenkutsu dachi, right chudan tsuki.
3. Right foot steps back in basic 180 degrees turn to right zenkutsu dachi, right gedan barai, right foot quickly back to right nekoashi dachi, right shuto gammon uchi.
4. Left foot forward to left zenkutsu dachi, left chudan tsuki.
5. Left foot steps left 90 degrees to left zenkutsu dachi, left gedan barai.
6. Right foot steps forward to right zenkutsu dachi, right jodan uke.
7. Left foot steps forward to left zenkutsu dachi, left chudan uchi uke
8. Right foot steps forward to right zenkutsu dachi, right chudan soto uke. <KIAI>
9. Reverse turn 270 degrees to left zenkutsu dachi, left gedan barai
10. Right foot steps forward to right zenkutsu dachi, right chudan tsuki.
11. Right foot steps back in basic 180 degrees turn to right zenkutsu dachi, right gedan barai.
12. Left foot forward to left zenkutsu dachi, left chudan tsuki.
13. Left foot steps left 90 degrees to left zenkutsu dachi, left gedan barai.
14. Right foot steps forward to right zenkutsu dachi, right chudan tsuki
15. Left foot steps forward to left zenkutsu dachi, left chudan tsuki.
16. Right foot steps forward to right zenkutsu dachi, right chudan tsuki. <KIAI>
17. Reverse turn 270 degrees to left kokutsu dachi, left shuto mawashi stow uke.
18. Right foot steps forward 45 degrees to right kokutsu dachi, right shuto mawashi stow uke
19. Right foot steps behind 135 degrees to right kokutsu dachi, right shuto mawashi stow uke
20. Left foot steps forward 45 degrees to left kokutsu dachi, left shuto mawashi stow uke.

TAIKYOKU 2 KOKOROKAN

(Same as Taikyoku 2 except each step has two techniques:
side kick before each block and front kick before each punch.)

1. Left yoko geri, turn 90 degrees into left zenkutsu dachi, left gedan barai.
2. Right mae geri, step right zenkutsu dachi, right jodan tsuki.
3. Turn 90 degrees, right yoko geri, turn 90 degrees into right zenkutsu dachi, right gedan barai.
4. Left mae geri, step left zenkutsu dachi, left jodan tsuki.
5. Left yoko geri, turn 90 degrees into left zenkutsu dachi, left gedan barai.
6. Right mae geri, step right zenkutsu dachi, right jodan tsuki.
7. Left mae geri, step left zenkutsu dachi, left jodan tsuki.
8. Right mae geri, step right zenkutsu dachi, right jodan tsuki. KIAI.
9. Reverse turn 180 degrees, left yoko geri, turn 90 degrees into left zenkutsu dachi, left gedan barai.
10. Right mae geri, step right zenkutsu dachi, right jodan tsuki.
11. Turn 90 degrees, right yoko geri, turn 90 degrees into right zenkutsu dachi, right gedan barai.
12. Left mae geri, step left zenkutsu dachi, left jodan tsuki.
13. Left yoko geri, turn 90 degrees into left zenkutsu dachi, left gedan barai.
14. Right mae geri, step right zenkutsu dachi, right jodan tsuki.
15. Left mae geri, step left zenkutsu dachi, left jodan tsuki.
16. Right mae geri, step right zenkutsu dachi, right jodan tsuki. KIAI.
17. Reverse turn 180 degrees, left yoko geri, turn 90 degrees into left zenkutsu dachi, left gedan barai.
18. Right mae geri, step right zenkutsu dachi, right jodan tsuki.
19. Turn 90 degrees, right yoko geri, turn 90 degrees into right zenkutsu dachi, right gedan barai.
20. Left mae geri, step left zenkutsu dachi, left jodan tsuki.

TAIKYOKU 1 URA KATA

(Same as Taikyoku 1 except you spin before each punch.)

1. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
2. With right foot spin 360 degrees into right zenkutsu dachi, right chudan tsuki.
3. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
4. With left foot spin 360 degrees into left zenkutsu dachi, left chudan tsuki.
5. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
6. With right foot spin 360 degrees into right zenkutsu dachi, right chudan tsuki.
7. With left foot spin 360 degrees into left zenkutsu dachi, left chudan tsuki.
8. With right foot spin 360 degrees into right zenkutsu dachi, right chudan tsuki. <KIAI>
9. Reverse turn 270 degrees into left zenkutsu dachi, left gedan barai.
10. With right foot spin 360 degrees into right zenkutsu dachi, right chudan tsuki.
11. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
12. With left foot spin 360 degrees into left zenkutsu dachi, left chudan tsuki.
13. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
14. With right foot spin 360 degrees into right zenkutsu dachi, right chudan tsuki.
15. With left foot spin 360 degrees into left zenkutsu dachi, left chudan tsuki.
16. With right foot spin 360 degrees into right zenkutsu dachi, right chudan tsuki. <KIAI>
17. Reverse turn 270 degrees to left zenkutsu dachi, left gedan barai.
18. With right foot spin 360 degrees into right zenkutsu dachi, right chudan tsuki.
19. Turn 180 degrees into right zenkutsu dachi, right gedan barai.
20. With left foot spin 360 degrees into left zenkutsu dachi, left chudan tsuki.

TAIKYOKU 3 URA KATA

(Same as Taikyoku 3 except you spin before each punch.)

1. Turn 90 degrees left into left kokutsu dachi, left chudan uchi uke.
2. With right foot spin 360 degrees into right zenkutsu dachi, right chudan tsuki.
3. Turn 180 degrees into right kokutsu dachi, right chudan uchi uke.
4. With left foot spin 360 degrees into left zenkutsu dachi, left chudan tsuki.
5. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
6. With right foot spin 360 degrees into right zenkutsu dachi, right jodan tsuki.
7. With left foot spin 360 degrees into left zenkutsu dachi, left jodan tsuki.
8. With right foot spin 360 degrees into right zenkutsu dachi, right jodan tsuki. <KIAI>
9. Reverse turn 270 degrees into left kokutsu dachi, left chudan uchi uke.
10. With right foot spin 360 degrees into right zenkutsu dachi, right chudan tsuki.
11. Turn 180 degrees into right kokutsu dachi right chudan uchi uke.
12. Step left zenkutsu dachi left chudan tsuki.
13. Turn 90 degrees left into left zenkutsu dachi, left gedan barai.
14. With right foot spin 360 degrees into right zenkutsu dachi, right jodan tsuki.
15. With left foot spin 360 degrees into left zenkutsu dachi, left jodan tsuki.
16. With right foot spin 360 degrees into right zenkutsu dachi, right jodan tsuki. <KIAI>
17. Reverse turn 270 degrees to left kokutsu dachi, left chudan uchi uke.
18. Step right zenkutsu dachi, right chudan tsuki.
19. Turn 180 degrees into right kokutsu dachi, right chudan uchi uke.
20. Step left zenkutsu dachi, left chudan tsuki.

TAIKYOKU 3 KOKOROKAN

1. Left yoko geri, turn 90 degrees left into left kokutsu dachi, left chudan uchi uke, right chudan tsuki.
2. Right mae geri, step right zenkutsu dachi, left chudan tsuki, right chudan tsuki.
3. Turn 90 degrees right, right yoko geri, turn 90 degrees into right kokutsu dachi, right chudan uchi uke, left chudan tsuki.
4. Left mae geri, step left zenkutsu dachi, right chudan tsuki, left chudan tsuki.
5. Left yoko geri, turn 90 degrees left into left zenkutsu dachi, left gedan barai, right chudan tsuki.
6. Right mae geri, step right zenkutsu dachi, left jodan tsuki, right jodan tsuki.
7. Left mae geri, step left zenkutsu dachi, left jodan tsuki, right jodan tsuki.
8. Right mae geri, step right zenkutsu dachi, left jodan tsuki, right jodan tsuki <KIAI>
9. Reverse turn 180 degrees, Left yoko geri, turn 90 degrees left into left kokutsu dachi, left chudan uchi uke, right chudan tsuki.
10. Right mae geri, step right zenkutsu dachi, left jodan tsuki, right jodan tsuki.
11. Turn 90 degrees right, right yoko geri, turn 90 degrees into right kokutsu dachi, right chudan uchi uke, left chudan tsuki.
12. Left mae geri, step left zenkutsu dachi, right chudan tsuki, left chudan tsuki.
13. Left yoko geri, turn 90 degrees left into left zenkutsu dachi, left gedan barai, right chudan tsuki.
14. Right mae geri, step right zenkutsu dachi, left jodan tsuki, right jodan tsuki.
15. Left mae geri, step left zenkutsu dachi, left jodan tsuki, right jodan tsuki.
16. Right mae geri, step right zenkutsu dachi, left jodan tsuki, right jodan tsuki <KIAI>
17. Reverse turn 270 degrees to left kokutsu dachi, left chudan uchi uke.
18. Step right zenkutsu dachi, right chudan tsuki.
19. Turn 180 degrees into right kokutsu dachi, right chudan uchi uke.
20. Step left zenkutsu dachi, left chudan tsuki.
21. Reverse turn 180 degrees, Left yoko geri, turn 90 degrees left into left kokutsu dachi, left chudan uchi uke, right chudan tsuki.
22. Right mae geri, step right zenkutsu dachi, left jodan tsuki, right jodan tsuki.

23. Turn 90 degrees right, right yoko geri, turn 90 degrees into right kokutsu dachi, right chudan uchi uke, left chudan tsuki.

24. Left mae geri, step left zenkutsu dachi, right chudan tsuki, left chudan tsuki.

PINAN 2 KATA

1. Left foot steps left 90 degrees to left kokutsu dachi, left chudan uchi uke and right jodan uke simultaneously.
2. Left heel down, pivot hips right kote uchi, immediately slide with left foot into kiba dachi, left jun tsuki.
3. Pull right foot back into right kokutsu dachi, right chudan uchi uke and left jodan uke simultaneously.
4. Right heel down, pivot hips left kote uchi simultaneously, immediately slide with right foot into kiba dachi, right jun tsuki,
5. Pivot 90 degrees right pulling right foot back into tsuruashi dachi, right yoke geri, right uraken simultaneously. Bring foot back to tsuruashi dachi.
6. Slide right foot back, left foot follows into left kokutsu dachi, left shuto mawashi stow uke
7. Right foot steps forward to right kokutsu dachi, right mawashi stow uke
8. Left foot steps forward to left kokutsu dachi, left mawashi stow uke
9. Right foot steps forward to right zenkutsu dachi, left shotei oroshi uke, right nukite.
<KIAI>
10. Left foot behind 270 degrees to left kokutsu dachi, left shuto mawashi stow uke.
11. Right foot steps forward 45 degrees to right kokutsu dachi, right shuto mawashi stow uke.
12. Right foot steps right 135 degrees to right kokutsu dachi, right shuto mawashi stow uke.
13. Left foot steps forward 45 degrees to left kokutsu dachi, left shuto mawashi stow uke
14. Left foot moves 45 degrees to left zenkutsu dachi, right chudan uchi uke.
15. Right mae geri, foot down to right zenkutsu dachi, left chudan gyaku tsuki, left kake uke
16. Left mae geri, foot down to left zenkutsu dachi, right chudan gyaku tsuki.
17. Right foot steps forward to right zenkutsu dachi, right tsuyoi uke. (left fist supports right forearm).
18. Left foot steps behind 270 degrees to left zenkutsu dachi, left gedan barai.
19. Left hand pulls back open, delivers left nukite to jodan 45 degrees to the right, right foot steps forward 45 degrees to right zenkutsu dachi, right jodan uke.
20. Right foot steps back 135 degrees to right zenkutsu dachi, right gedan barai.
21. Right hand pulls back open, delivers right nukite to jodan 45 degrees to the left, left foot steps forward 45 degrees to left zenkutsu dachi, left jodan uke. <KIAI>

PINAN 3 KATA

1. Left foot steps left 90 degrees to left kokutsu dachi, left chudan uchi uke.
2. Bring right foot forward to right sanchin dachi, right chudan uchi uke, left gedan barai simultaneously.
3. Left chudan uchi uke, right gedan barai simultaneously.
4. Right foot back 180 degree turn to right kokutsu dachi, right chudan uchi uke.
5. Bring left foot forward to left sanchin dachi, left chudan uchi uke, right gedan barai simultaneously.
6. Right chudan uchi uke, left gedan barai simultaneously,
7. Left foot moves left 90 degrees to left zenkutsu dachi, left tsuyoi uke.
8. Right foot forward to right zenkutsu dachi, left shotei oroshi uke, right nukite.
9. Left foot steps behind 270 degrees to kiba dachi, left tettsui uchi.
10. Right foot steps forward to right zenkutsu dachi, right chudan oi tsuki. <KIAI>
11. Left foot steps behind turning slowly 180 degrees to heiko dachi, fists on hips.
12. Right mae geri, foot down to kiba dachi, right yoko hiji uke, keep looking over right shoulder.
13. Right uraken sayu uchi. (maintain kiba dachi).
14. Left mae geri, foot down to kiba dachi, left yoko hiji uke, keep looking over left shoulder
15. Left uraken sayu uchi. (maintain kiba dachi)
16. Right mae geri, foot down to kiba dachi, right yoko hiji uke, keep looking over right shoulder .
17. Right uraken sayu uchi. (maintain kiba dachi).
18. Left foot forward to left zenkutsu dachi, left chudan oi tsuki
19. Right foot moves forward to left heel, slides right to kiba dachi, left foot swings back 180 degrees to kiba dachi and simultaneously execute left ushiro hiji ate, and right ushiro seiken jodan kake tsuki.
20. Step in front to right kiba dachi, simultaneously execute right ushiro hiji ate, and left ushiro seiken jodan kake tsuki. <KIAI>

PINAN 4 KATA

1. Left foot steps left 90 degrees to left kokutsu dachi, left haishu chudan uchi uke, and right shuto jodan uke simultaneously.
2. Right foot steps right 180 degrees to right kokutsu dachi, right haishu chudan uchi uke and left shuto jodan uke simultaneously.
3. Left foot steps left 90 degrees to left zenkutsu dachi, gedan juji uke (right hand on top).
4. Right foot steps to right zenkutsu dachi, right tsuyoi uke.
5. Bring left foot up, slowly tsuruashi dachi looking to the left, right fist back to punch position with left fist on top of right.
6. Execute left yoko geri and left uraken simultaneously, left foot comes down to left zenkutsu dachi, right jodan yoko hiji ate striking left hand.
7. Pivot right 90 degrees, looking over right shoulder right tsuruashi dachi, left fist withdrawn to punch position with right fist on top of left.
8. Execute right yoko geri and right uraken simultaneously, right foot comes down to right zenkutsu dachi, left jodan yoko hiji ate striking right hand.
9. Pivot without stepping, into gyaku dachi, left hand up at a 45 degree angle harate uke, right hand behind head ready for shuto.
10. Pivot to left zenkutsu dachi and execute right shuto gammon uchi, pull left hand back in front of head, palm facing out.
11. Right mae geri and small jump 45 degrees to the right into right kake dachi, left hand reaches out as if to pull opponent's head forward, right uraken shomen uchi. <KIAI>
12. Extend left foot back looking over left shoulder and turn 180 degrees to left zenkutsu dachi, execute morote gedan barai, right arm in front.
13. Right mae geri right hand points bringing foot down to right zenkutsu dachi and execute left chudan gyaku tsuki, right chudan oi tsuki.
14. Right foot step right 90 degrees looking over right shoulder to right zenkutsu dachi, execute morote gedan barai, right arm in front.
15. Left mae geri bringing foot down to left zenkutsu dachi and execute right chudan gyaku tsuki, left chudan oi tsuki.
16. Left foot moves 45 degrees to left zenkutsu dachi, left tsuyoi uke.
17. Right foot steps to right zenkutsu dachi, right tsuyoi uke.
18. Left foot steps to left zenkutsu dachi, left tsuyoi uke.
19. Both hands open and reach up grabbing opponent's head.

20. Right hiza geri pulling both hands down sharply, <KIAI>. Bring right foot down quickly, pivot 180 degrees on right foot to left kokutsu dachi and execute left shuto mawashi stow uke.
21. Right foot forward to right kokutsu dachi, right shuto mawashi stow uke.

TENKARA SONO ICHI

Mokuso in Musubi Dachi

Yoi - Ibuki and Tensho

1. Left kensetsu geri, left yoko geri (chudan). Step down left zenkutsu dachi, chudan gyaku tsuki.
2. Right mae geri, pull back into left kokutso dachi, left chudan uchi-uchi - left gedan shotei uke (ibuki-tensho).
3. Look back then turn into right kokutso dachi - right chudan uchi-uchi - right gedan shotei uke. (ibuki-tensho).
4. Left kensetsu geri, left yoko geri (chudan). Step into left zenkutsu dachi - right chudan gyaku tsuki.
5. Look and turn left into zenkutsu dachi - left gedan barai.
6. With both hands, execute mune dori then pull down and execute right hiza geri - step down into right zenkutsu dachi - right hiji jodan ate - right uraken shomen uchi - left chudan gyaku tsuki.
7. Mune dori - left hiza geri - step down in left zenkutsu dachi - left hiji jodan ate - left uraken shomen uchi - right chudan gyaku tsuki.
8. Mune dori - right hiza geri - step into right zenkutsu dachi - right hiji jodan ate - right uraken shomen uchi - left chudan gyaku tsuki. <KIAI>
9. Hidari ashi ura zenkutsu dachi yonjugoto - morote gedan barai, left hand on top (ibuki-tensho).
10. Right mae geri - yoko geri yonjugoto - slide into right zenkutsu dachi yonjugoto morote gedan barai, right hand on top (ibuki-tensho).
11. Left mae geri - yoko geri yonjugoto - slide into left kiba dachi - right kake tsuki.
12. Right foot slides past left into right kiba dachi – right hands grabs opponent - left kake tsuki. <KIAI>
13. Left foot slides to right foot into musubi dachi, right hand in chamber, left hand on top.
14. Left ushiro geri - turn into left zenkutsu dachi, left chudan uchi-uke, right chudan gyaku tsuki.
15. Right foot slides up to left into musubi dachi, left hand in chamber, right hand on top.
16. Right ushiro geri - turn into right zenkutsu dachi, right chudan uchi-uke, left chudan gyaku tsuki. <KIAI>
17. Looking then turning left 90 degrees, right foot moves to musubi dachi.

YONTSU KATA

1. Heiko dachi, morote jodan haito uchi, jodan morote tsuki. (both fists pull back).
2. Right uraken mawashi uchi.
3. Left uraken mawashi uchi.
4. Right chudan nukite.
5. Left chudan nukite.
6. Pull left hand back slowly (both hands open) move both hands to solar plexus and close. Reopen hands while executing shuto morote yoko kake uke in tensho.
7. Quickly into right zenkutsu dachi, left hand reaches execute right chudan tsuki; return to right nekoashi dachi and right gedan shotei uke. In tensho right koken jodan uke, turn wrist breaking wrist grab then striking with shuto sakotsu uchi komi. In tensho (back hand closed).
8. Right foot steps back into musubi dachi.
9. Quickly into left zenkutsu dachi, left chudan tsuki, return to left nekoashi dachi and left gedan shotei uke. In tensho left koken jodan uke, turn wrist breaking wrist grab then into shuto sakotsu uchi komi (right hand stays closed).
10. Maintain hands turn 90 degrees to the right left foot steps forward into musubi dachi.
11. Step into right zenkutsu dachi, execute right gedan tsuki, left jodan gyaku tsuki, right chudan tsuki. <KIAI>
12. Left mae geri, return to right nekoashi dachi, right haito chudan uchi uke.
13. Pull back right hand execute right gedan shotei uke, slowly right jodan koken uke, turn wrist breaking wrist grab then striking shuto sakotsu uchi komi. In tensho (left hand open).
14. Maintain hands, turn 180 degrees into musubi dachi.
15. Step into left zenkutsu dachi, execute left gedan tsuki, right jodan gyaku tsuki, left chudan tsuki. <KIAI>
16. Right mae geri, return to left nekoashi dachi, left haito chudan uchi uke.
17. Quickly left gedan shotei uke, slowly left jodan koken uke, turn wrist breaking wrist grab then into shuto sakotsu uchi komi. (Both hands still open).
18. Maintain hand position pivot 90 degrees to the front, left foot moves up to right into musubi dachi.

GEKISAI DAI

Mokuso Kata

1. Left foot back., turn 90 degrees to left sanchin dachi, left jodan uke
2. Right zenkutsu dachi, right jodan tsuki.
3. Right foot moves back to kiba dachi, left gedan barai - looking left.
4. Right foot moves back to right sanchin dachi, right jodan uke.
5. Left zenkutsu dachi, left jodan tsuki.
6. Left foot moves back to kiba dachi, right gedan barai - looking right.
7. Right foot comes back to left, turn 90 degrees to left, assume right sanchin dachi, right chudan uchi uke. IBUKI
8. Left sanchin dachi, left chudan uchi uke. IBUKI
9. Right sanchin dachi, right chudan uchi uke. IBUKI
10. Left mae geri, come down to left zenkutsu dachi, left hiji age, left uraken shomen uchi, left gedan barai, right gedan gyaku tsuki.
11. Right foot sweeps right foot to kiba dachi, turn, right shuto uchi uchi (back hand closed). <KIAI>
12. Left foot moves to left sanchin dachi, left chudan uchi uke. IBUKI
13. Right sanchin dachi, right chudan uchi uke. IBUKI
14. Right foot back to left sanchin dachi, left chudan uchi uke. IBUKI
15. Right mae geri, come down to right zenkutsu dachi, right hiji age, right uraken shomen uchi, right gedan barai, left gedan gyaku tsuki.
16. Left foot sweeps left foot to kiba dachi, turn, left shuto uchi uchi, KIAI (back hand closed).
17. Right foot moves forward to right zenkutsu dachi, morote tsuki (right hand down).
18. Left foot moves forward to left zenkutsu dachi, morote tsuki (left hand down)
19. Left foot moves back to right zenkutsu dachi, morote tsuki (right hand down).
20. Right foot moves back to assume musubi dachi.

SANCHIN KATA

Mokuso Kata

1. Right sanchin dachi with morote uke IBUKI.
2. Left hand pull back punch IBUKI and left upward hook block IBUKI.
3. Left sanchin dachi (no ibuki). (Left hand moves on outside).
4. Right hand pull back punch IBUKI and right upward hook block IBUKI.
5. Right sanchin dachi (no ibuki). (Right hand moves on outside).
6. Left hand pull back punch under elbow IBUKI.
7. Right foot moves in front of left, turn 180 degrees, end up in left sanchin dachi and execute left chudan uchi uke while turning (no ibuki), (Normal speed).
8. Right punch and right hook block IBUKI.
9. Right sanchin dachi (no ibuki). (Right hand outside).
10. Left hand pull back and punch under elbow, IBUKI.
11. Right foot moves in front, turn 180 degrees to left sanchin dachi, left chudan uchi uke (no ibuki) (Normal speed).
12. Right punch and right hook block IBUKI.
13. Right sanchin dachi (no ibuki). (Right hand outside).
14. Left hand pull back punch IBUKI and left hook block IBUKI.
15. Right hand pull back punch IBUKI and right hook block IBUKI.
16. Left hand pull back punch IBUKI and left hook block IBUKI.
17. Execute mune dori, pull hands back to recoil position and execute double nukite IBUKI.
18. Execute mune dori, pull hands back to recoil position and execute double nukite IBUKI.
19. Execute mune dori, pull hands back to recoil position and execute double nukite IBUKI.
20. Right foot steps back to left sanchin dachi, right mawashi uke and morote shotei tsuki, IBUKI.
21. Left foot steps back to right sanchin dachi, left mawashi uke and morote shotei tsuki, IBUKI.
22. Right foot moves back into mokuso position.

TSUKI-NO KATA

Mokuso Kata

1. Right foot steps back 45 degrees into kiba dachi, left gedan barai, right kake tsuki.
2. Right foot steps forward 90 degrees into kiba dachi, left kake tsuki.
3. Left foot steps forward into left sanchin dachi, right chudan gyaku tsuki.
4. Right foot steps forward into right sanchin dachi, left chudan gyaku tsuki.
5. Left foot steps forward into left zenkutsu dachi, right gedan gyaku tsuki.
6. Right foot steps forward into right zenkutsu dachi, left gedan gyaku tsuki, right chudan tsuki.
7. Keep right arm extended, turn 180 degrees, right foot moves back crossing in front of the left into left sanchin dachi, left chudan uchi uke, right chudan gyaku tsuki.
8. Step forward into right sanchin dachi.
9. Right chudan kake uchi uke in tensho. (slowly to a 5 count).
10. Quickly left chudan gyaku tsuki, right chudan tsuki.
11. Step forward into left zenkutsu dachi, left jodan tsuki.
12. Step forward into right zenkutsu dachi, right jodan tsuki.
13. Turn 180 degrees into left zenkutsu dachi, left gedan barai.
14. Right mae geri, pivot to right, place foot into right nekoashi dachi, then slide into kiba dachi, execute right jun tsuki. <KIAI>
15. Left foot steps forward 180 degrees into kiba dachi, left jun tsuki, immediately turn upper part of body still in kiba dachi and execute right jun nukite.
16. Left foot steps forward 180 degrees into kiba dachi, left jun nukite.
17. Step back with left foot into right zenkutsu dachi, 5 second count execute right chudan uchi uke, left gedan barai at the same time.
18. 5 second count draw right hand back to recoil position as left hand slowly rises. Once recoiled, right jodan tsuki KIAI, left gedan tsuki, right chudan tsuki.
19. Slide back into right sanchin dachi, right mawashi uke, and morote shotei tsuki IBUKI.
20. Right foot moves back into mokuso position.

TENSHO KATA

Mokuso Kata

1. Step into right sanchin dachi with morote uke.
2. Quickly execute right jodan shuto kake uke left hand in chamber closed, right jodan shuto gammon uchi, recoil and execute right jodan shotei uke with IBUKI.
3. Right shuto hiza uchi, recoil and execute gedan shotei uke with IBUKI.
4. Execute right jodan koken uke, then right wrist break right shuto sakotsu uchi komi with IBUKI.
5. Execute right chudan yoko koken uke, right chudan shotei uke with IBUKI.
6. Step into left sanchin dachi with morote uke.
7. Quickly execute left Jodan shuto kake uke right hand back closed, left jodan shuto gammon uchi, recoil and execute left jodan shotei uke with IBUKI.
8. Left shuto hiza uchi, recoil and execute gedan shotei uke with IBUKI.
9. Execute left jodan koken uke left wrist break, then left shuto sakotsu uchi komi with IBUKI.
10. Execute left chudan yoko koken uke, left chudan shotei uke with IBUKI.
11. Step into right sanchin dachi with morote uke.
12. Quickly execute simultaneously morote jodan shuto kake uke, morote jodan shuto gammon uchi, recoil and execute morote jodan shotei uke with IBUKI.
13. Execute morote shuto hiza uchi, recoil and execute morote gedan shotei uke with IBUKI.
14. Execute morote jodan koken uke morote wrist break, and morote shuto sakotsu uchi komi with IBUKI.
15. Execute morote chudan yoko koken uke, and morote chudan shotei uke with IBUKI.
16. Execute mune dori, recoil and morote chudan nukite with IBUKI
17. Execute mune dori, recoil and morote chudan nukite with IBUKI
18. Execute mune dori, recoil and morote chudan nukite with IBUKI
19. Step back into left sanchin dachi while executing right mawashi uke and right morote shotei tsuki IBUKI.
20. Step back into right sanchin dachi while executing left mawashi uke and left morote shotei tsuki with IBUKI.

21. Right foot moves back into musubi dachi.

PINAN 5 KATA

1. Left foot steps left 90 degrees into kokutsu dachi, left chudan uchi uke, right chudan gyaku tsuki.
2. Turn back to front into musubi dachi with right hand recoiled. Left hand on top of right.
3. Right foot steps right 90 degrees into kokutsu dachi, right chudan uchi uke, left chudan gyaku tsuki.
4. Turn back to front into musubi dachi with left hand recoiled. Right hand on top of left.
5. Step into right zenkutsu dachi, tsuyoi uke.
6. Step into left zenkutsu dachi, gedan juji uke.
7. Pull both hands back (nukite), jodan juji uke.
8. Push opponent with left palm, step into right zenkutsu dachi, right chudan tsuki. <KIAI>.
9. Turn quickly 180 degrees right soto mawashi geri into kiba dachi, right gedan barai.
10. Left haishu uke in tensho. Right hand open.
11. Right soto mawashi geri hitting left palm, right hiji jodan ate striking left hand and stepping into kake dachi, right tsuyoi uraken shomen uchi. <KIAI>
12. Right tsuyoi tsuki age (left fist supporting right forearm).
13. Pause, turn head to look behind, take 1/2 step back (up on balls of feet)
14. Turn 180 degrees jump into kake dachi, gedan juji uke (right hand on top). <KIAI>
15. Step into right zenkutsu dachi, right tsuyoi uke.
16. Turn 225 degrees left into zenkutsu dachi, left hand protects head, palm facing inward, right hand reaches for opponent's groin.
17. Complete ripping motion, pivoting hips into kiba dachi, left gedan tettsui, right hand ends up at face area.
18. Slide back into musubi dachi, right hand up, left hand down
19. Step out 45 degrees into right zenkutsu dachi, right hand protects head, palm facing inward, left reaches for opponents groin
20. Complete ripping motion, pivoting hips into kiba dachi, right gedan tettsui, left hand at face area. (palm faces inward, hand closed).

SAIHA KATA

Mokuso Kata

1. Right foot steps forward 45 degrees, at the same time reach with clenched right fist thumb up into palm of left hand, left leg follows into musubi dachi.
2. Right hiji jodan ate, looking over right shoulder.
3. Step back with left foot into kiba dachi grabbing opponents hair with left hand and execute right uraken shomen uchi. Left hand in shotei covers solar plexus.
4. Left foot steps forward 45 degrees, at the same time reach with clenched left fist into palm of right hand thumb up, right leg follows into musubi dachi.
5. Left hiji jodan ate, looking over left shoulder.
6. Step back with right foot into kiba dachi grabbing opponents hair with right hand and execute left uraken shomen uchi. Right hand in shotei covers solar plexus.
7. Right foot steps forward 45 degrees, at the same time reach with clenched right fist into palm of left hand thumb up, left leg follows into musubi dachi.
8. Right hiji jodan ate, looking over right shoulder.
9. Step back with left foot into kiba dachi grabbing opponents hair with left hand and execute right uraken shomen uchi. Left hand in shotei covers solar plexus.
10. Left foot steps up to the right foot then to the left into right nekoashi dachi, and execute left haito uchi uke and right shuto gedan barai simultaneously (looking toward the right).
11. Look quickly to the front, execute right mae geri, then right foot into left nekoashi dachi and execute right haito uchi uke and left shuto gedan barai simultaneously (looking toward the left).
12. Look quickly to the front and execute left mae geri, step back into right zenkutsu dachi and execute morote jodan haito uchi uke, recoil and execute morote jodan tsuki.
13. Left hand opens, bring arms apart in circular motion to gedan area, right tetsui against left palm.
14. Right foot steps across, 180 degrees turn into left zenkutsu dachi and execute morote jodan haito uchi uke, recoil and execute morote jodan tsuki.
15. Right hand opens, bring arms apart in a circular motion to gedan area, left tetsui against right palm.
16. Right foot hook sweep and turn 180 degrees into right sanchin dachi, execute right tetsui to opponent's head area, KIAJ. Pull right leg back into right nekoashi dachi, grab opponent's hair with right hand and execute left shita uchi.
17. Left foot hook sweep and turn 180 degrees into left sanchin dachi, execute left tetsui to opponent's head area, KIAI. Pull left leg back into left nekoashi dachi, grab opponent's

hair with left hand and execute right shita uchi.

18. Step into right zenkutsu dachi and execute chudan gyaku tsuki.

19. Left foot steps 45 degrees to the right. then turn 180 degrees into right kokutsu dachi, hook opponent's neck with right haito kake uke and execute left chudan shita nukite (slow with tension).

20. Modified left shuto mawashi uke and morote shotei tsuki with IBUKI.

21. Right foot moves back into musubi dachi.