



## Kata Breakdowns

Uki = Attacker

Nagi = Defender

### Taikyoku Shodan / Heian Shodan

	<b>Uki</b>	<b>Nagi</b>
1	Step and Low Punch	Step back into Left Foot Forward (LFF) Front stance; Low Block; Step forward; Middle Punch
2	Low Front Kick	Step back into LFF Front stance; Low Block; Step forward; Middle Punch
3	Low Front Kick	Step back into LFF Back stance; Low Block
	Middle Punch	LFF Back stance; hammer fist onto attacker's punch; Step forward; Middle Punch
4	Step and High Punch	Step back into LFF Front stance; Face Block; Step forward; Right Hand elbow smash to attacker's head, supported by left hand (Te Waza 24)
5	Step and Middle Punch	Step to right into LFF Back stance; shift left foot forward (still in Back stance); left hand shuto block; left hand shuto strike to neck
6	Step and Middle Punch	Step back into LFF Back stance; left hand shuto block; step forward into RFF Back stance; right hand shuto strike to neck



## Shiho Hai

	Uki	Nagi
1	Step and Middle Punch	Deflect punch to right with open left hand strike; with right foot, step to left into kiba tachi with back to attacker; punch left; punch right, striking attacker with elbow
2	Step and Middle Punch	Deflect punch to right with open left hand strike; with right foot, step to left into kiba tachi with back to attacker; grasp attacker's upper arm with left hand; right hand palm strike to attacker's floating ribs
3	Step and Middle Punch	Deflect punch to right with open left hand strike; with right foot, step to left placing right knee behind attacker's right knee; to effect sweep takedown, simultaneously <ul style="list-style-type: none"> <li>• right palm strike to attacker's jaw with continued motion pushing aside attacker's head</li> <li>• press open left hand against attacker's upper right arm</li> <li>• straighten right leg</li> </ul> After attacker falls; punch to exposed ribs
4	Step and Middle Punch	Deflect punch to right with open left hand strike while stepping right foot over left; perform tight spinning back kick at waist level; land in fighting stance
5	Step and Middle Punch	Step into Right Leg Back hook stance; right hand hammer fist from shoulder downwards onto attacker's punch; sweep aside attacker's fist with open left hand; front kick to groin level; left hand high punch; right hand middle punch
6	Step and Middle Punch	Step into Right Leg Back hook stance; right hand hammer fist from shoulder downwards onto attacker's punch; sweep aside attackers fist with open right hand; front kick to groin level; left hand high punch; right hand middle punch
7	Step and Low Punch	Step left and back; raise right foot to knee level guarding groin; low block; return fists to waist; right leg side kick; return kick to knee; land in fighting stance
8	Step and Low Punch	Step right and back; raise left foot to knee level guarding groin; low block; return fists to waist; left leg side kick; return kick to knee; land in fighting stance
9		Nagi stands with back to attacker at one pace distance
	Step and Middle Punch	Turn to right on left foot; deflect punch to the back with the right shoulder; bring left foot alongside right foot while striking attacker in the face with the point of the right elbow (Te Waza 23)
10		Nagi stands with back to attacker at one pace distance
	Step and Middle Punch	Turn clockwise on Right Foot into RFF Front Stance; Right hand hammer fist downwards in front of attacker's fist (no contact); step forward; deflect attackers right elbow with open left hand while punching attacker's floating ribs with the right hand



## Heian Nidan

	Uki	Nagi
1	Step and High punch	Step back into LFF Back stance; perform simultaneous LH High block and RH Face block; RH uppercut while placing LH fist on right shoulder; LH hammer fist to attacker's face, right hand to chamber position above belt
2	Step and High punch	Step back into LFF Back stance; perform simultaneous LH High block and RH Face block
	Middle punch	RH outside chest block while placing LH fist on right shoulder; LH hammer fist to attacker's face, right hand to chamber position above belt
3	Step and High punch	Step back into LFF Back stance; perform simultaneous LH High block and RH Face block
	High punch	Move LH block forward to deflect punch; grasp attacker's hand with left hand, swing up and over to left while turning into left facing hook(???) stance; place attacker's hand on left knee; strike downwards onto attacker's elbow with RH hammer fist
4	Step and Low Punch	Turning on left foot to face left, place hands on left side of belt in cup and saucer position; perform simultaneous RH low block and Right leg Side kick; return foot to knee and land in LFF back stance; perform LH shuto block striking attacker in ribs with point of right elbow
5	Step and Low Punch	Turning on right foot to face right, place hands on right side of belt in cup and saucer position; perform simultaneous LH low block and Left leg Side kick; return foot to knee and land in RFF back stance; perform RH shuto block striking attacker in ribs with point of left elbow; LH shuto to attacker's groin; LH ridge hand to attacker's face; RH groin pull with LH low block
6	Step and Middle Punch	Step back into LFF Back Stance; LH shuto block; LH front leg front kick; RH Middle Punch
7	Step and Middle Punch	Step back into LFF Back Stance; LH shuto block; RH rear leg front kick; RH Middle Punch
8	Step and Middle Punch	Step back into LFF Back Stance; LH shuto block
	LH Middle punch	Step forward into RFF Front Stance; Open hand downward block; RH Index finger to eye
9	Step and Middle Punch	Step back into LFF Back Stance; LH shuto block;
	Left knee to groin	Slide forward remaining in LFF Front Stance; Open hand downward block on thigh; RH closed fingers (half closed fist) to breast bone
10	Step and Middle Punch	Step left and forward into LFF hourglass stance, raise both hands in middle block position; LH hook punch to head and RH front kick with ball of foot to groin
11	Step and Middle Punch	Step right and forward into RFF hourglass stance, raise both hands in middle block position; RH hook punch to head and LH front kick with ball of foot to groin
12	Step and Middle Punch	Step back at 45° into RFF Back Stance; RH Double arm block; double arm back fist to face; RH High Punch; LH Middle Punch, turning into RFF front stance
13	Step and Middle Punch	Step straight back into LFF Back Stance; LH Double arm block; step into RFF Front stance; grasp head with both hands and pull down to rising right knee
14	Step and Low Punch	Step back into LFF Front stance; Low Block
	LH Punch High	RH Face Block; LH Middle Punch
15	Kick Low	Step back into LFF Front stance; Low Block
	RH Punch High	LH Face Block; RH Middle Punch



## Heian Sandan

	Uki	Nagi
1	Step and Middle punch	One handed inside chest block
	Low punch	One handed low block (without moving left hand)
2	Step and Right hand high U punch	Left hand high - right hand low double block
	Left hand high U punch	Right hand high - left hand low double block
3	Step and Right hand high U punch	Left hand high - right hand low double block
	Left hand high U punch	Right hand high - left hand low double block; step forward with left foot; left hand hammer fist to face, right hand low block
4	Step and Middle Punch	Step back at 45° into RFF Back Stance; RH Double arm block; double arm back fist to face; RH High Punch; LH Middle Punch, turning into RFF front stance
5	Step and Middle Punch	Step straight back into LFF Back Stance; LH Double arm block; ???
6	Stand facing defender in Hachiji Dachi	Steps into RFF Front stance; RH supported spear hand
	Grasp defender's right wrist with right hand	Swing right foot to left into left facing kiba tachi; turn right hand to break attacker's grip and grasp attacker's wrist; turn on right foot into right facing kiba tachi, release attacker at end of turn; LH hammer fist to attacker's head
7	Stand facing defender in Hachiji Dachi	Steps into RFF Front stance; RH supported spear hand;
	Grasp defender's right wrist with right hand	Swing right foot to left into left facing kiba tachi; turn right hand to break attacker's grip and grasp attacker's wrist; turn on right foot into right facing kiba tachi, release attacker at end of turn; LH hammer fist to attacker's head
	Avoid hammer fist by stepping backwards	Moving right foot, step into RFF Front stance; Middle punch
8		Standing with arms akimbo; knees bent
	RL Low kick	Deflect kick with RF crescent kick; return kick to knee; land in left facing kiba tachi
	Middle Punch	Lean right shoulder forward to deflect punch across chest; RH back fist to attacker's face
9	Stand facing defender in Hachiji Dachi	Standing in RFF Front Stance with Right arm extended at middle level; step into LF Front stance; LH Middle Level Punch
	Avoid punch by stepping to the left	Half step forward with right foot; spin half turn to left on right foot; LH Middle level elbow strike
10	Stand facing defender in Hachiji Dachi	Standing in RFF Front Stance with Right arm extended at middle level; step into LF Front stance; LH Middle Level Punch
	Avoid punch by stepping to the left	Half step forward with right foot; spin half turn to left on right foot; LH Middle level elbow strike, punch over left shoulder
	Avoid punch by stepping to the right	Small jump to right; RH Middle level elbow strike, punch over right shoulder



## Niseisi Sho

	Uki	Nagi
1	Step and Middle Punch	Step into LH inverted stance; RH High punch; LH Middle punch turning body to right into RFF Front stance
2	Step and Middle Punch	Step into LH inverted stance; moving RF step into RFF Front stance, strike attacker's ribs with right elbow
3	Step and Middle Punch	Step into LH inverted stance; grasp attacker's wrist with right hand; with left hand in upright position press forearm against attackers upper arm to roll arm over and push attacker forward and face downward; strike attacker's upper spine with point of left elbow
4	Step and Middle Punch	Step into LH inverted stance; grasp attacker's wrist with right hand; make turning step to right with left foot while pushing attacker's right shoulder with left hand; force attacker to step forward with left foot; using left foot sweep attackers right foot to back; grasp attacker's right hand in inside (#4) wrist lock position; press forward to break wrist
5	Step and Middle Punch	Step into RH inverted stance; strike attacker in both temples using little finger end of fists; head butt
6	Step and Middle Punch	Step into RH inverted stance
	Low Punch	Low block; RH front kick to groin
7	Step and Middle Punch	Step into RH inverted stance; grasp attacker's wrist with left hand and lift; strike downwards with right hand on attacker's elbow to fold attacker's arm back; step through to left with right foot and kneel on left knee; while stepping through strike attacker's face with right elbow; pull attacker to left and downwards; as attacker falls twist attacker's right arm around right lower leg; follow up with RH shuto strike to body
8	Step and Middle Punch	Step into RH inverted stance; grasp attacker's wrist with left hand; move left foot into left facing kiba tachi
	Low Punch	Low block with continued sweeping circular motion to place attacker's left arm on top of right arm; RH palm strike to attackers left upper arm to dislocate left shoulder
9	Step and High Punch	Step back into LFF hook stance; left hand to temple, fingers forward, back of hand to head; right hand in palm upward shuto to attacker's temple;
10	Step and High Punch	Step back into LFF hook stance; left hand to temple, fingers forward, back of hand to head; right hand in palm upward shuto to attacker's temple; grasp attacker's wrist with left hand, with right hand strike down on attacker's elbow folding attacker's arm back; step behind attacker on attacker's right and pull to ground; drag attacker head first along ground; kick to head
11	Step and High Punch	Step back into LFF hook stance; left hand to temple, fingers forward, back of hand to head; right hand in palm upward shuto to attacker's temple
	Low Punch	Sweep right hand down in low block; reach behind attacker with right hand and grasp belt; with left hand, grasp attacker's wrist and pull down and across chest; shoulder throw; follow up with punch to attacker's chest
12	Step and Low Punch	With left foot step into left facing hook stance; grasp attacker's wrist with left hand, placing right hand in shuto position on left hand (wrist to wrist); throw attacker's hand upwards while moving both hands in rising semicircle in front of body to left hand side; RH shuto to attacker's ribs
13	Step and Low Punch	With left foot step into left facing hook stance; grasp attacker's wrist with left hand, placing right hand in shuto position on left hand (wrist to wrist); grasp attacker's hand in wrist lock grip; execute inside wrist lock; left leg front kick to face; press down on attacker's hand, breaking wrist



14	Step and Middle Punch	LH open hand block downwards; shuto strike with hand vertical to nose
15	Step and Middle Punch	Step back into LFF Front stance; LH open hand block downwards; shuto strike with hand vertical to nose
16	Step and Right knee up	Step forward into RFF Front stance; LH open hand block downwards; shuto strike with hand vertical to nose
17		Attacker at 90°, one pace to defender's right
	Step and High Punch	Block with RH high block (upper arm extended straight from shoulder, forearm vertical, hand open)
18		Attacker at 90°, one pace to defender's right
	Step and High Punch	Block with RH high block (upper arm extended straight from shoulder, forearm vertical, hand open); with left foot, step to right into kiba tachi; with left hand rake right to left across attacker's face
19		Attacker at 90°, one pace to defender's right
	Step and High Punch	Block with RH high block (upper arm extended straight from shoulder, forearm vertical, hand open); with left foot, step to right into kiba tachi; with left arm perform clothesline sweep, dropping attacker onto left knee; left elbow strike (point of elbow) to attackers solar plexus; withdraw left leg, dropping attacker on back