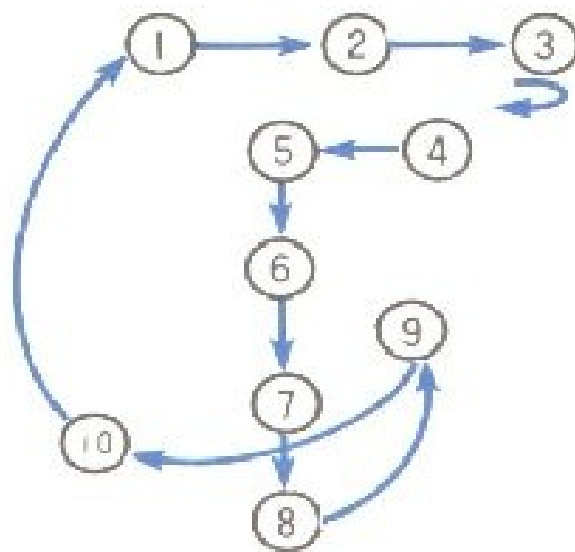




Diagram 2





## Shoshin no kata sono ichi

1. Kumite no kamae
2. Tori: R chudan tsuki.  
Uke: L chudan soto uke,  
R chudan tsuki.
3. Tori: R jodan tsuki.  
Uke: L jodan soto uke,  
R jodan tsuki,  
R chudan mawashi geri, follow through and turn 180 degrees CCW.
4. Tori: L chudan tsuki.  
Uke: L gedan barai,  
R chudan tsuki.
5. Tori: L jodan tsuki.  
Uke: L shuto uke,  
R jodan tsuki, shift positions of your feet,  
L chudan/jodan mawashi geri, push towards Shinden.
6. Tori: R mae geri.  
Uke: L soto uke,  
R jodan tsuki,  
R chudan mawashi geri.
7. Tori: L mae geri.  
Uke: L gedan barai,  
R gedan mawashi geri,  
L chudan/jodan mawashi geri.
8. Tori: L gedan mawashi geri.  
Uke: L soto sune uke, to pos. 2 with mawashi uke,  
L hiza geri, maki komi nage, turn to face away from Shinden.
9. Tori: R gedan mawashi geri.  
Uke: L uchi sune uke, to pos. 1 with mawashi uke,  
R hiza geri, maki komi nage, kiba dachi.
10. Uke: R chudan tsuki, back to kumite no kamae.



## Shoshin no kata sono ni

1. Kumite no kamae
2. Tori : R chudan mae geri.  
Uke: L soto uke,  
R chudan tsuki,  
L jodan tsuki,  
R jodan hook.
3. Tori : R chudan mae geri.  
Uke: L soto uke,  
L-R jodan nihon tsuki,  
L uchimomo geri, grab opponents right shoulder and turn 180 degrees CW.
4. Tori : L chudan mae geri.  
Uke: L gedan barai,  
R chudan tsuki,  
L jodan tsuki,  
R jodan hook.
5. Tori : L chudan mae geri.  
Uke: L gedan barai,  
L-R jodan nihon tsuki,  
L cutting kick, push towards Shinden.
6. Tori : R jodan tsuki.  
Uke: L jodan soto uke,  
R chudan hook,  
L jodan uppercut (up under opponents R arm),  
R jodan tsuki.
7. Tori : L jodan tsuki.  
Uke: L jodan shuto uke,  
R jodan tsuki,  
R gedan mawashi geri,  
L chudan mawashi geri.
8. Tori : R jodan mawashi geri.  
Uke: L jodan shuto uke,  
L kansetsu geri, push opponent away and follow up with,  
R chudan mawashi geri, follow through and turn 180 degrees CCW.
9. Tori : L jodan mawashi geri.  
Uke: R jodan shuto uke,  
R jikuashi geri,  
R hiza geri on L thigh, turn 45 degrees CCW to pos. 4 with mawashi uke,  
L chudan hiza geri, maki komi nage, shift so you control opponents arm with your left arm.
10. Uke R gedan tsuki, Back to kumite no kamae.



## Shoshin no kata sono san

1. Kumite no kamae
2. Tori : R mae geri.  
Uke: L soto uke,  
R mawashi geri,  
instep,  
L chudan hiza geri.
3. Tori : L yoko geri.  
Uke: L gedan barai,  
L kansetsu geri,  
R jodan mawashi geri, follow through and turn 180 degrees CCW.
4. Tori : L mae geri.  
Uke: L soto uke, shift positions of your feet,  
L chudan hiza geri, push opponent away,  
L jodan mawashi geri.
5. Tori : R yoko geri.  
Uke: L soto uke,  
L kansetsu geri,  
R jodan mawashi geri, pull your leg back and face towards Shinden.
6. Tori : R jodan tsuki.  
Uke: L jodan soto uke, slide in with R uchimomo geri on opponents R thigh, pull your leg back and push opponents right arm away,  
R jodan mawashi geri.
7. Tori : L jodan tsuki.  
Uke: L jodan shuto uke,  
R jodan tsuki,  
R gedan mawashi geri,  
L jodan mawashi geri.
8. Tori : R jodan mawashi geri.  
Uke: Weaving,  
R uchimomo geri,  
L ushiro mawashi kake geri, turn 180 degrees CCW and face away from Shinden.
9. Tori : L jodan mawashi geri.  
Uke: Weaving,  
R cutting kick, move in behind your opponent,  
L cutting kick, pull opponents head down on your left thigh, kiba dachi.
10. Uke: R hiji oroshi uchi, back to kumite no kamae.



## Kihon no kata sono ichi

1. Kumite no kamae
2. Tori : R chudan tsuki.  
Uke: L chudan soto uke, pos. 3,  
R jodan tsuki.
3. Tori : R jodan tsuki.  
Uke: L jodan soto uke, pos. 3,  
R jodan tsuki,  
R jodan mawashi geri, follow through and turn 225 degrees CCW.
4. Tori : L chudan tsuki.  
Uke: L gedan barai, pos. 4,  
R jodan tsuki.
5. Tori : L jodan tsuki.  
Uke: L jodan uke, pos. 4,  
R jodan tsuki, shift positions of your feet,  
L jodan mawashi geri, push towards Shinden.
6. Tori : R mae geri.  
Uke: L soto uke, pos. 3,  
R jodan mawashi geri.
7. Tori : L mae geri.  
Uke: L gedan barai, pos. 4, shift positions of your feet,  
L jodan mawashi geri.
8. Tori : L chudan mawashi geri.  
Uke: L soto sune uke, slide to pos. 2 with mawashi uke,  
L hiza geri, maki komi nage, turn to face away from Shinden.
9. Tori : R chudan mawashi geri.  
Uke: L uchi sune uke, slide to pos. 1 with mawashi uke,  
R hiza geri, pull your right leg back while turning 45 degrees CW,  
hold opponents R shoulder down.
10. Uke: R jodan tsuki,  
R mawashi geri, back to kumite no kamae.



## Kihon no kata sono ni

1. Kumite no kamae
2. Tori : R chudan tsuki.  
Uke: L chudan soto uke, pos. 3,  
R chudan/jodan mawashi geri.
3. Tori : R mae geri.  
Uke: L gedan barai, pos. 3,  
R jodan tsuki,  
R chudan/jodan mawashi geri, follow through and turn 225 degrees CCW.
4. Tori : L chudan tsuki.  
Uke: L gedan barai, pos. 4, shift positions of your feet and control with your right hand,  
L chudan/jodan mawashi geri.
5. Tori : L mae geri.  
Uke: L gedan barai, pos. 4,  
R jodan tsuki, shift positions of your feet,  
L chudan/jodan mawashi geri, push towards Shinden.
6. Tori : R jodan tsuki.  
Uke: L stopping and soto uke, pos. 3, left hand pushes opponents right arm away,  
R jodan tsuki,  
R chudan/jodan mawashi geri.
7. Tori : L jodan tsuki.  
Uke: L shuto uke, pos. 4,  
R jodan tsuki,  
R gedan mawashi geri,  
L jodan mawashi geri.
8. Tori : L gedan mawashi geri.  
Uke: L soto sune uke,  
L shuto uke, pos. 4,  
R jodan tsuki,  
R gedan mawashi geri,  
L chudan/jodan mawashi geri, turn to face away from Shinden.
9. Tori : R gedan mawashi geri.  
Uke: L uchi sune uke,  
R jodan tsuki,  
R uchimomo geri, pos. 3,  
R hiza geri, pull right leg back while turning 45 degrees CW,  
hold opponents right shoulder down.
10. Uke: R mawashi geri, back to kumite no kamae.



## Kihon no kata sono san

1. Kumite no kamae
2. Tori : L yoko geri.  
Uke: L gedan barai, pos. 4,  
R jodan tsuki,  
R gedan mawashi geri,  
L jodan mawashi geri.
3. Tori : R ushiro mawashi kake geri.  
Uke: Pos. 3, grab opponents right shoulder with your left hand and pull him out of balance,  
continuerotation 135 degrees CW,  
R jodan mawashi geri.
4. Tori : R yoko geri.  
Uke: L soto uke, pos. 3,  
R jodan tsuki,  
R gedan mawashi geri,  
R jodan mawashi geri.
5. Tori : L kake geri.  
Uke: L shuto jodan uke, pos. 4,  
Grab opponents left shoulder with your right hand and pull him to pos. 2,  
L jodan mawashi geri, push towards Shinden.
6. Tori : R gedan mawashi geri.  
Uke: L uchi sune uke,  
L soto uke, pos. 3,  
R jodan tsuki,  
R chudan/jodan mawashi geri.
7. Tori : L mae geri.  
Uke: L gedan barai, pos. 4,  
L shuto uke,  
R ushiro mawashi uraken,  
R ushiro mawashi kake geri (simultaneously).
8. Tori : L jodan mawashi geri.  
Uke: Slide in with H jodan shuto uke,  
L jodan tsuki,  
R jodan tsuki,  
R jikuashi geri,  
L jodan mawashi geri, Pull left leg back 180 degrees CCW to face away from Shinden.
9. Tori : R jodan mawashi geri.  
Uke: L shuto uke, pos. 4,  
R jodan tsuki,  
R ushimomo geri, hold opponents head down.
10. Uke: L ushiro mawashi kake geri, back to kumite no kamae.



## Kumite no kata sono ichi

1. Kumite no kamae
2. Tori : R gedan mawashi geri.  
Uke: L uchi sune uke (off),  
R gedan mawashi geri,  
L jodan mawashi geri.
3. Tori : R mae geri.  
Uke: L soto uke, pos. 1 with mawashi uke,  
R hiza geri, turn 45 degrees CW and push opponent away.
4. Tori : L gedan mawashi geri.  
Uke: L soto sune uke (def),  
R gedan mawashi geri,  
L jodan mawashi geri.
5. Tori : L mae geri.  
Uke: L gedan barai, shift positions of your feet and go to pos. 4 with mawashi uke,  
L hiza geri, push towards Shinden.
6. Tori : R jodan mawashi geri.  
Uke: L shuto uke,  
L kansetsu geri.
7. Tori : L mae geri.  
Uke: L gedan barai, move left foot to pos. 2,  
R ushiro geri.
8. Tori : L jodan mawashi geri.  
Uke: R jodan uke, shift positions of your feet and go to pos. 2 with mawashi uke,  
L hiza geri,  
R hiji uchi, turn 45 degrees CCW.
9. Tori : R jodan mawashi geri.  
Uke: L jodan uke, pos. 1 with mawashi uke,  
R hiza geri, maki komi nage, kiba dachi.
10. Uke: R tsuki,  
R kakato geri, back to kumite no kamae.



## Kumite no kata sono ni

1. Kumite no kamae
2. Tori : R gedan mawashi geri.  
Uke: L uchi sune uke (off),  
R gedan mawashi geri,  
R-L nihon tsuki,  
L jodan mawashi geri,  
R ushiro mawashi kake geri.
3. Tori : R mae geri.  
Uke: L soto uke,  
pos. 1 with mawashi uke,  
R hiza geri, turn 45 degrees CW,  
R hiza geri and push.
4. Tori : L gedan mawashi geri.  
Uke: L soto sune uke (def),  
R gedan mawashi geri,  
R-L nihon tsuki,  
L jodan mawashi geri,  
R ushiro mawashi kake geri.
5. Tori : L mae geri.  
Uke: L gedan barai,  
shift positions of your feet and go to pos. 4 with mawashi uke,  
Double L hiza geri, push towards Shinden.
6. Tori : R jodan mawashi geri.  
Uke: L shuto uke,  
L kansetsu geri.
7. Tori : L mae geri.  
Uke: L gedan barai, move left foot to pos. 2,  
R ushiro mawashi kake geri.
8. Tori : L jodan mawashi geri.  
Uke: R jodan uke, shift positions of your feet to pos. 2 with mawashi uke,  
Double L hiza geri,  
R hiji uchi, turn 45 degrees CCW.
9. Tori : R jodan mawashi geri.  
Uke: L jodan uke, pos. 1 with mawashi uke,  
Double R hiza geri, maki komi nage, kiba dachi.
10. Uke: R tsuki,  
R kakato geri, back to kumite no kamae.



## Kumite no kata sono san

1. Kumite no kamae
2. Tori : R gedan mawashi geri.  
Uke: L uchi stopping (off),  
R gedan mawashi geri,  
L jodan mawashi geri,  
R ushiro mawashi kake geri.
3. Tori : R mae geri, R tsuki.  
Uke: L soto uke,  
L yoko geri body stop, to pos. 3,  
R chudan mawashi geri, turn 135 degrees CW and push.
4. Tori : L gedan mawashi geri.  
Uke: L soto stopping (def),  
R gedan mawashi geri,  
L jodan mawashi geri,  
R ushiro mawashi kake geri.
5. Tori : L mae geri.  
Uke: L gedan barai, to pos. 4,  
R gedan mawashi geri,  
L chudan mawashi geri, turn 45 degrees CCW and push towards Shinden.
6. Tori : R jodan mawashi geri.  
Uke: L shuto uke,  
L kansetsu geri.  
R chudan mawashi geri,  
L ushiro mawashi kake geri,  
L jodan mawashi geri.
7. Tori : L mae geri.  
Uke: L gedan barai, pos. 3 and grab to do uranage,  
R hiza geri, uranage.
8. Tori : L jodan mawashi geri.  
Uke: R jikuashi geri, mawashi uke to pos. 2,  
L hiza geri,  
R hiji uchi, turn 45 degrees CCW.
9. Tori : R jodan mawashi geri.  
Uke: L kansetsu geri,  
R uchimomo geri, turn to pos. 3,  
R mawashi geri, maki komi nage, kiba dachi.
10. Uke: R tsuki,  
R kakato geri, back to kumite no kamae.



## Kumite no kata sono yon

1. Kumite no kamae
2. Tori : R gedan mawashi geri.  
Uke: L uchi stopping (off),  
R gedan mawashi geri,  
R-L nihon tsuki,  
L jodan mawashi geri,  
double R ushiro mawashi kake geri (2nd kick is flying).
3. Tori : R mae geri, R tsuki.  
Uke: L soto uke,  
L yoko geri body stop, to pos. 3,  
R chudan mawashi geri, turn 135 degrees CW,  
R jodan mawashi geri.
4. Tori : L gedan mawashi geri.  
Uke: L soto stopping (def),  
R gedan mawashi geri,  
R-L nihon tsuki,  
L jodan mawashi geri,  
double R ushiro mawashi kake geri (2nd kick is flying).
5. Tori : L mae geri.  
Uke: L gedan barai, to pos. 4,  
R gedan mawashi geri,  
L chudan mawashi geri,  
L jodan mawashi geri, turn 45 degrees CCW and push towards Shinden.
6. Tori : R jodan mawashi geri.  
Uke: L shuto uke,  
L kansetsu geri,  
R jodan mawashi geri,  
L ushiro mawashi kake geri,  
L jodan mawashi geri.
7. Tori : L uchimomo geri.  
Uke: L hikkake, grab to do uranage,  
R hiza geri, throw your opponent to the right.
8. Tori : L jodan mawashi geri.  
Uke: R jikuashi geri, mawashi uke to pos. 2,  
double L hiza geri,  
R hiji uchi, turn 45 degrees CCW.
9. Tori : R jodan mawashi geri.  
Uke: L kansetsu geri,  
R uchimomo geri, turn to pos. 3,  
R jodan mawashi geri, maki komi nage, kiba dachi.
10. Uke: R tsuki,  
R kakato geri, back to kumite no kamae.



## Kumite no kata sono go

1. Kumite no kamae
2. Tori : R mawashi geri.  
Uke: Slide backwards,  
R jodan mawashi geri,  
L ushiro mawashi kake geri,  
L jodan mawashi geri,  
R ushiro mawashi kake geri.
3. Tori : R mae geri.  
L soto uke, Uranage, to pos. 4,  
R hiza geri, turn 135 degrees CCW.
4. Tori : L mawashi geri.  
Uke: Slide backwards,  
Instep L jodan mawashi geri,  
R ushiro mawashi kake geri,  
H jodan mawashi geri,  
L ushiro mawashi kake geri (put left leg down right away).
5. Tori : L mae geri.  
Uke: L gedan barai, Uranage to pos. 3,  
H hiza geri, turn towards Shinden.
6. Tori : R jodan mawashi geri.  
Uke: L shuto jodan uke,  
L kansetsu geri,  
L kake geri,  
L ushiro mawashi kake geri,  
L jodan mawashi geri,  
R jodan mawashi geri.
7. Tori : L mae geri.  
Uke: L gedan barai,  
V kansetsu geri,  
L kake geri (put left leg down right away),  
H ushiro mawashi kake geri.
8. Tori : L jodan mawashi geri.  
Uke: Slide backwards,  
R gedan mawashi geri,  
V jodan mawashi geri, look behind you,  
L ushiro geri, turn 180 degrees CCW.
9. Tori : R jodan mawashi geri.  
Uke: Slide backwards, grab to do uranage to pos. 4,  
L hiza geri, uranage, kiba dachi.
10. Uke: R tsuki,  
R kakato geri, back to kumite no kamae.



## Nage no kata sono ichi

1. Kumite no kamae
2. Tori : R gedan mawashi geri.  
Uke: L uchi sune uke (def), make komi nage, turn 360 degrees CW.
3. Tori : R mae geri.  
Uke: L soto uke, uranage, turn 180 degrees CCW.
4. Tori : L gedan mawashi geri.  
Uke: L soto sune uke (def), maki komi nage, turn 360 degrees CCW.
5. Tori : L mae geri.  
Uke: L gedan barai, uranage, turn 270 degrees CW and face towards Shinden.
6. Tori : R jodan mawashi geri.  
Uke: Slide backwards to avoid the kick, then slide back in close to your opponent, turn 180 degrees CW, uranage, turn further 180 degrees CW.
7. Tori : L mae geri.  
Uke: L gedan barai, uranage, turn 360 degrees CW.
8. Tori : L jodan mawashi geri.  
Uke: Slide backwards to avoid the kick, then slide back in close to your opponent, uranage, turn 180 degrees CW.
9. Tori : R jodan mawashi geri.  
Uke: Slide backwards, step in close to your opponent with your right foot, grab to do uranage, move your left leg backwards to kiba dachi, uranage, opponents head on your left thigh.
10. Uke: R shuto uchi,  
R hiji oroshi uchi, back to kumite no kamae.



## Nage no kata sono ni

1. Kumite no kamae
2. Tori : R gedan mawashi geri.  
Uke: L uchi sune uke (def), pos. 1 with mawashi uke,  
R hiza geri, make komi nage, turn 225 degrees CW.
3. Tori : R mae geri.  
Uke: L soto uke, right leg forward and grab to do uranage,  
L hiza geri, uranage, turn 180 degrees CCW.
4. Tori : L gedan mawashi geri.  
Uke: L soto sune uke (def), pos. 2 with mawashi uke,  
L hiza geri, maki komi nage, turn 225 degrees CCW.
5. Tori : L mae geri.  
Uke: L gedan barai, grab to do uranage,  
R hiza geri, uranage, turn 270 degrees CW and face towards Shinden.
6. Tori : R jodan mawashi geri.  
Uke: Slide backwards to avoid the kick, then slide back in close to your opponent,  
turn 180 degrees CW and grab to do uranage,  
R hiza geri, uranage, turn further 180 degrees CW.
7. Tori : L mae geri.  
Uke: L gedan barai, uranage (control) pos. 3,  
R hiza geri, uranage, turn 315 degrees CW.
8. Tori : L jodan mawashi geri.  
Uke: Slide backwards to avoid the kick, then slide back in close to your opponent,  
uranage (control) pos. 3,  
R hiza geri, uranage, turn 135 degrees CW.
9. Tori: Tori : R jodan mawashi geri.  
Uke: Slide backwards, step in close to your opponent with your right foot,  
grab to do uranage pos. 4,  
L hiza geri, move your left leg backwards to kiba dachi, uranage,  
opponents head on your left thigh.
10. Uke: R shuto uchi,  
R hiji oroshi uchi, back to kumite no kamae.



## Nage no kata sono san

1. Kumite no kamae
2. Tori : R gedan mawashi geri,  
Uke: R tsuki.  
L uchi sune uke (def),  
L soto uke, pos. 1 with mawashi uke,  
R hiza geri, turn 45 degrees CW,  
R hiza geri, make komi nage, turn 180 degrees CW.
3. Tori : R mae geri, R jodan tsuki.  
Uke: Slide backwards, double L soto uke, right leg forward and grab to do uranage,  
L hiza geri, with your left hand grab the hair of opponent and turn 180 degrees CW (behind opponent),  
R hiza geri, throw your opponent backwards to the right.
4. Tori : L gedan mawashi geri,  
Uke: L tsuki.  
L soto sune uke (def),  
R soto uke, pos. 2 with mawashi uke,  
L hiza geri, turn 45 degrees CCW,  
L hiza geri, maki komi nage, turn 180 degrees CCW.
5. Tori : L mae geri, L jodan tsuki.  
Uke: L gedan barai,  
L jodan shuto uke, grab to do uranage with your left hand under opponents chin,  
turn 180 degrees CCW behind opponent thereby reversing your position  
- your right hand is now under the chin,  
L hiza geri,  
R hiza geri, throw your opponent to the right and face towards Shinden.
6. Tori : R jodan mawashi geri.  
Uke: L jodan shuto uke while sliding forward,  
R gedan mawashi geri,  
L jodan mawashi geri,  
R ushiro mawashi kake geri.
7. Tori : L mae geri.  
Uke: L gedan barai,  
R gedan mawashi geri, mawashi uke to pos. 2,  
L hiza geri,  
R hiji uchi, complete the rotation 360 degrees CCW.
8. Tori : L jodan mawashi geri.  
Uke: Slide backwards,  
R gedan mawashi geri, to back-position with right hand under opponents chin and  
left hand grabbing his hair,  
L hiza geri,  
R hiza geri, throw opponent backwards to the right and turn to face away from Shinden.
9. Tori : R jodan mawashi geri.  
Uke: Slide backwards,  
L gedan mawashi geri, to back-position, left hand under opponents chin from behind and right  
hand pulling his hair,  
R hiza geri,  
L hiza geri, pull opponents head down to your left thigh, kiba dachi.
10. Uke: R shuto uchi, slide backwards while holding opponents head with your left hand,  
R mawashi geri, back to kumite no kamae.



## Jissen no kata sono ichi

1. Kumite no kamae
2. Tori : R chudan tsuki.  
Uke: L chudan soto uke, pos. 3 while controlling your opponent,  
R tsuki,  
R hiji uchi.
3. Tori : R jodan tsuki.  
Uke: L jodan soto uke, pos. 3,  
R hiza geri,  
R jodan mawashi geri, follow through and turn 225 degrees CCW.
4. Tori : L chudan tsuki.  
Uke: L gedan barai, pos. 4 while controlling your opponent,  
R tsuki,  
R hiji uchi.
5. Tori : L jodan tsuki.  
Uke: L shuto uke, pos. 4 and shift positions of your feet with control of opponent,  
L hiza geri,  
L jodan mawashi geri, push towards shinden.
6. Tori : R mae geri.  
Uke: L soto uke, pos. 3,  
R hook tsuki,  
V hook tsuki,  
R jodan tsuki,  
R chudan mawashi geri.
7. Tori : L mae geri.  
Uke: L gedan barai, pos. 4,  
R jodan tsuki,  
L hook tsuki,  
R jodan tsuki,  
R jodan mawashi geri.
8. Tori : L chudan mawashi geri.  
Uke: L soto sune uke,  
R gedan mawashi geri, to pos. 2 with mawashi uke,  
L hiza geri, maki komi nage, turn to face away from Shinden.
9. Tori : R chudan mawashi geri.  
Uke: L uchi sune uke, to pos. 1 with mawashi uke,  
R hiza geri, left hand hold opponents right shoulder down.
10. Uke: R tsuki, pull opponent in,  
R hiji oroshi uchi, back to kumite no kamae.