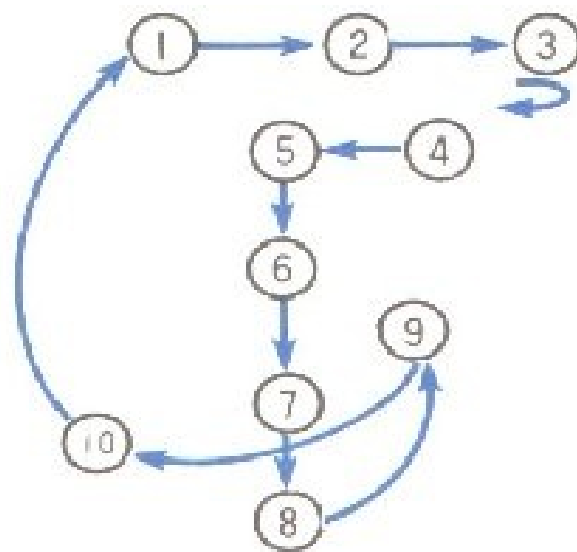




Diagram 2



Shoshin no kata sono ichi

1. Fighting Stance
2. Attack: R mid-section punch.
Counter: L mid-section outside block,
R mid-section punch.
3. Attack: R high punch.
Counter: L high outside block,
R high punch,
R mid-section round-house kick, follow through and turn 180 degrees CCW.
4. Attack: L mid-section punch.
Counter: L low block,
R mid-section punch.
5. Attack: L high punch.
Counter: L knife-hand block,
R high punch, shift positions of your feet,
L mid-section/high round-house kick, push towards Front.
6. Attack: R front kick.
Counter: L outside block,
R high punch,
R mid-section round-house kick.
7. Attack: L front kick.
Counter: L low block,
R low round-house kick,
L mid-section/high round-house kick.
8. Attack: L low round-house kick.
Counter: L outside shin/forearm block, to pos. 2 with sabaki,
L knee strike, forward throw, turn to face away from Front.
9. Attack: R low round-house kick.
Counter: L inside shin/forearm block, to pos. 1 with sabaki,
R knee strike, forward throw, horse-riding stance.
10. Counter: R mid-section punch, back to Fighting Stance.

Shoshin no kata sono ni

1. Fighting Stance
2. Attack: R mid-section front kick.
Counter: L outside block,
R mid-section punch,
L high punch,
R high hook punch.
3. Attack: R mid-section front kick.
Counter: L outside block,
L-R high double punch,
L inside thigh kick, grab opponents right shoulder and turn 180 degrees CW.
4. Attack: L mid-section front kick.
Counter: L low block,
R mid-section punch,
L high punch,
R high hook punch.
5. Attack: L mid-section front kick.
Counter: L low block,
L-R high double punch,
L cutting kick, push towards Front.
6. Attack: R high punch.
Counter: L high outside block,
R mid-section hook,
L high uppercut (up under opponents R arm),
R high punch.
7. Attack: L high punch.
Counter: L high knife-hand block,
R high punch,
R low round-house kick,
L mid-section round-house kick.
8. Attack: R high round-house kick.
Counter: L high knife-hand block,
L joint kick, push opponent away and follow up with,
R mid-section round-house kick, follow through and turn 180 degrees CCW.
9. Attack: L high round-house kick.
Counter: R high knife-hand block,
R cutting kick,
R knee strike on L thigh, turn 45 degrees CCW to pos. 4 with sabaki,
L mid-section knee strike, forward throw, shift so you control opponents arm with your left arm.
10. Counter: R low punch, Back to Fighting Stance.

Shoshin no kata sono san

1. Fighting Stance
2. Attack: R front kick.
Counter: L outside block,
R round-house kick,
instep,
L mid-section knee strike.
3. Attack: L side kick.
Counter: L low block,
L joint kick,
R high round-house kick, follow through and turn 180 degrees CCW.
4. Attack: L front kick.
Counter: L outside block, shift positions of your feet,
L mid-section knee strike, push opponent away,
L high round-house kick.
5. Attack: R side kick.
Counter: L outside block,
L joint kick,
R high round-house kick, pull your leg back and face towards Front.
6. Attack: R high punch.
Counter: L high outside block, slide in with R inside thigh kick on opponents R thigh, pull your leg back
and push opponents right arm away,
R high round-house kick.
7. Attack: L high punch.
Counter: L high knife-hand block,
R high punch,
R low round-house kick,
L high round-house kick.
8. Attack: R high round-house kick.
Counter: Weaving,
R inside thigh kick,
L spinning hook kick, turn 180 degrees CCW and face away from Front.
9. Attack: L high round-house kick.
Counter: Weaving,
R cutting kick, move in behind your opponent,
L cutting kick, pull opponents head down on your left thigh, horse-riding stance.
10. Counter: R descending elbow strike, back to Fighting Stance.

Kihon no kata sono ichi

1. Fighting Stance
2. Attack: R mid-section punch.
Counter: L mid-section outside block, pos. 3,
R high punch.
3. Attack: R high punch.
Counter: L high outside block, pos. 3,
R high punch,
R high round-house kick, follow through and turn 225 degrees *CCW*.
4. Attack: L mid-section punch.
Counter: L low block, pos. 4,
R high punch.
5. Attack: L high punch.
Counter: L high block, pos. 4,
R high punch, shift positions of your feet,
L high round-house kick, push towards Front.
6. Attack: R front kick.
Counter: L outside block, pos. 3,
R high round-house kick.
7. Attack: L front kick.
Counter: L low block, pos. 4, shift positions of your feet,
L high round-house kick.
8. Attack: L mid-section round-house kick.
Counter: L outside shin/forearm block, slide to pos. 2 with sabaki,
L knee strike, forward throw, turn to face away from Front.
9. Attack: R mid-section round-house kick.
Counter: L inside shin/forearm block, slide to pos. 1 with sabaki,
R knee strike, pull your right leg back while turning 45 degrees *CW*,
hold opponents R shoulder down.
10. Counter: R high punch,
R round-house kick, back to Fighting Stance.

Kihon no kata sono ni

1. Fighting Stance
2. Attack: R mid-section punch.
Counter: L mid-section outside block, pos. 3,
R mid-section/high round-house kick.
3. Attack: R front kick.
Counter: L low block, pos. 3,
R high punch,
R mid-section/high round-house kick, follow through and turn 225 degrees *CCW*.
4. Attack: L mid-section punch.
Counter: L low block, pos. 4, shift positions of your feet and control with your right hand,
L mid-section/high round-house kick.
5. Attack: L front kick.
Counter: L low block, pos. 4,
R high punch, shift positions of your feet,
L mid-section/high round-house kick, push towards Front.
6. Attack: R high punch.
Counter: L stopping and outside block, pos. 3, left hand pushes opponents right arm away,
R high punch,
R mid-section/high round-house kick.
7. Attack: L high punch.
Counter: L knife-hand block, pos. 4,
R high punch,
R low round-house kick,
L high round-house kick.
8. Attack: L low round-house kick.
Counter: L outside shin/forearm block,
L knife-hand block, pos. 4,
R high punch,
R low round-house kick,
L mid-section/high round-house kick, turn to face away from Front.
9. Attack: R low round-house kick.
Counter: L inside shin/forearm block,
R high punch,
R inside thigh kick, pos. 3,
R knee strike, pull right leg back while turning 45 degrees *CW*,
hold opponents right shoulder down.
10. Counter: R round-house kick, back to Fighting Stance.

Kihon no kata sono san

1. Fighting Stance
2. Attack: L side kick.
Counter: L low block, pos. 4,
R high punch,
R low round-house kick,
L high round-house kick.
3. Attack: R spinning hook kick.
Counter: Pos. 3, grab opponents right shoulder with your left hand and pull him out of balance,
continue rotation 135 degrees CW,
R high round-house kick.
4. Attack: R side kick.
Counter: L outside block, pos. 3,
R high punch,
R low round-house kick,
R high round-house kick.
5. Attack: L inside hook kick.
Counter: L outside high block, pos. 4,
Grab opponents left shoulder with your right hand and pull him to pos. 2,
L high round-house kick, push towards Front.
6. Attack: R low round-house kick.
Counter: L inside shin/forearm block,
L outside block, pos. 3,
R high punch,
R mid-section/high round-house kick.
7. Attack: L front kick.
Counter: L low block, pos. 4,
L knife-hand block,
R spinning back-fist,
R spinning hook kick (simultaneously).
8. Attack: L high round-house kick.
Counter: Slide in with R high knife-hand block,
L high punch,
R high punch,
R cutting kick,
L high round-house kick, Pull left leg back 180 degrees CCW to face away from Front.
9. Attack: R high round-house kick.
Counter: L knife-hand block, pos. 4,
R high punch,
R thigh kick, hold opponents head down.
10. Counter: L spinning hook kick, back to Fighting Stance.

Kumite no kata sono ichi

1. Fighting Stance
2. Attack: R low round-house kick.
Counter: L inside shin/forearm block (off),
R low round-house kick,
L high round-house kick.
3. Attack: R front kick.
Counter: L outside block, pos. 1 with sabaki,
R knee strike, turn 45 degrees CW and push opponent away.
4. Attack: L low round-house kick.
Counter: L outside shin/forearm block (def),
R low round-house kick,
L high round-house kick.
5. Attack: L front kick.
Counter: L low block, shift positions of your feet and go to pos. 4 with sabaki,
L knee strike, push towards Front.
6. Attack: R high round-house kick.
Counter: L knife-hand block,
L joint kick.
7. Attack: L front kick.
Counter: L low block, move left foot to pos. 2,
R back kick.
8. Attack: L high round-house kick.
Counter: R high block, shift positions of your feet and go to pos. 2 with sabaki,
L knee strike,
R elbow strike inside, turn 45 degrees CCW.
9. Attack: R high round-house kick.
Counter: L high block, pos. 1 with sabaki,
R knee strike, forward throw, horse-riding stance.
10. Counter: R punch,
R heel (stomp) kick, back to Fighting Stance.

Kumite no kata sono ni

1. Fighting Stance
2. Attack: R low round-house kick.
Counter: L inside shin/forearm block (off),
R low round-house kick,
R-L double punch,
L high round-house kick,
R spinning hook kick.
3. Attack: R front kick.
Counter: L outside block,
pos. 1 with sabaki,
R knee strike, turn 45 degrees CW,
R knee strike and push.
4. Attack: L low round-house kick.
Counter: L outside shin/forearm block (def),
R low round-house kick,
R-L double punch,
L high round-house kick,
R spinning hook kick.
5. Attack: L front kick.
Counter: L low block,
shift positions of your feet and go to pos. 4 with sabaki,
Double L knee strike, push towards Front.
6. Attack: R high round-house kick.
Counter: L knife-hand block,
L joint kick.
7. Attack: L front kick.
Counter: L low block, move left foot to pos. 2,
R spinning hook kick.
8. Attack: L high round-house kick.
Counter: R high block, shift positions of your feet to pos. 2 with sabaki,
Double L knee strike,
R elbow strike inside, turn 45 degrees CCW.
9. Attack: R high round-house kick.
Counter: L high block, pos. 1 with sabaki,
Double R knee strike, forward throw, horse-riding stance.
10. Counter: R punch,
R heel (stomp) kick, back to Fighting Stance.

Kumite no kata sono san

1. Fighting Stance
2. Attack: R low round-house kick.
Counter: L inside stopping (off),
R low round-house kick,
L high round-house kick,
R spinning hook kick.
3. Attack: R front kick, R punch.
Counter: L outside block,
L side kick body stop, to pos. 3,
R mid-section round-house kick, turn 135 degrees CW and push.
4. Attack: L low round-house kick.
Counter: L outside stopping (def),
R low round-house kick,
L high round-house kick,
R spinning hook kick.
5. Attack: L front kick.
Counter: L low block, to pos. 4,
R low round-house kick,
L mid-section round-house kick, turn 45 degrees CCW and push towards Front.
6. Attack: R high round-house kick.
Counter: L knife-hand block,
L joint kick.
R mid-section round-house kick,
L spinning hook kick,
L high round-house kick.
7. Attack: L front kick.
Counter: L low block, pos. 3 and grab to do backwards throw,
R knee strike, backwards throw.
8. Attack: L high round-house kick.
Counter: R cutting kick, sabaki to pos. 2,
L knee strike,
R elbow strike inside, turn 45 degrees CCW.
9. Attack: R high round-house kick.
Counter: L joint kick,
R inside thigh kick, turn to pos. 3,
R round-house kick, forward throw, horse-riding stance.
10. Counter: R punch,
R heel (stomp) kick, back to Fighting Stance.

Kumite no kata sono yon

1. Fighting Stance
2. Attack: R low round-house kick.
Counter: L inside stopping (off),
R low round-house kick,
R-L double punch,
L high round-house kick,
double R spinning hook kick (2nd kick is flying).
3. Attack: R front kick, R punch.
Counter: L outside block,
L side kick body stop, to pos. 3,
R mid-section round-house kick, turn 135 degrees CW,
R high round-house kick.
4. Attack: L low round-house kick.
Counter: L outside stopping (def),
R low round-house kick,
R-L double punch,
L high round-house kick,
double R spinning hook kick (2nd kick is flying).
5. Attack: L front kick.
Counter: L low block, to pos. 4,
R low round-house kick,
L mid-section round-house kick,
L high round-house kick, turn 45 degrees CCW and push towards Front.
6. Attack: R high round-house kick.
Counter: L knife-hand block,
L joint kick,
R high round-house kick,
L spinning hook kick,
L high round-house kick.
7. Attack: L inside thigh kick.
Counter: L hooking heel block, grab to do backwards throw,
R knee strike, throw your opponent to the right.
8. Attack: L high round-house kick.
Counter: R cutting kick, sabaki to pos. 2,
double L knee strike,
R elbow strike inside, turn 45 degrees CCW.
9. Attack: R high round-house kick.
Counter: L joint kick,
R inside thigh kick, turn to pos. 3,
R high round-house kick, forward throw, horse-riding stance.
10. Counter: R punch,
R heel (stomp) kick, back to Fighting Stance.

Kumite no kata sono go

1. Fighting Stance
2. Attack: R round-house kick.
Counter: Slide backwards,
R high round-house kick,
L spinning hook kick,
L high round-house kick,
R spinning hook kick.
3. Attack: R front kick.
L outside block, Backwards throw, to pos. 4,
R knee strike, turn 135 degrees CCW.
4. Attack: L round-house kick.
Counter: Slide backwards,
Instep L high round-house kick,
R spinning hook kick,
R high round-house kick,
L spinning hook kick (put left leg down right away).
5. Attack: L front kick.
Counter: L low block, Backwards throw to pos. 3,
R knee strike, turn towards Front.
6. Attack: R high round-house kick.
Counter: L outside high block,
L joint kick,
L inside hook kick,
L spinning hook kick,
L high round-house kick,
R high round-house kick.
7. Attack: L front kick.
Counter: L low block,
L joint kick,
L inside hook kick (put left leg down right away),
R spinning hook kick.
8. Attack: L high round-house kick.
Counter: Slide backwards,
R low round-house kick,
L high round-house kick, look behind you,
L back kick, turn 180 degrees CCW.
9. Attack: R high round-house kick.
Counter: Slide backwards, grab to do backwards throw to pos. 4,
L knee strike, backwards throw, horse-riding stance.
10. Counter: R punch,
R heel (stomp) kick, back to Fighting Stance.

Nage no kata sono ichi

1. Fighting Stance
2. Attack: R low round-house kick.
Counter: L inside shin/forearm block (def), forward throw, turn 360 degrees CW.
3. Attack: R front kick.
Counter: L outside block, backwards throw, turn 180 degrees CCW.
4. Attack: L low round-house kick.
Counter: L outside shin/forearm block (def), forward throw, turn 360 degrees CCW.
5. Attack: L front kick.
Counter: L low block, backwards throw, turn 270 degrees CW and face towards Front.
6. Attack: R high round-house kick.
Counter: Slide backwards to avoid the kick, then slide back in close to your opponent, turn 180 degrees CW, backwards throw, turn further 180 degrees CW.
7. Attack: L front kick.
Counter: L low block, backwards throw, turn 360 degrees CW.
8. Attack: L high round-house kick.
Counter: Slide backwards to avoid the kick, then slide back in close to your opponent, backwards throw, turn 180 degrees CW.
9. Attack: R high round-house kick.
Counter: Slide backwards, step in close to your opponent with your right foot, grab to do backwards throw, move your left leg backwards to horse-riding stance, backwards throw, opponents head on your left thigh.
10. Counter: R knife-hand strike,
R descending elbow strike, back to Fighting Stance.

Nage no kata sono ni

1. Fighting Stance
2. Attack: R low round-house kick.
Counter: L inside shin/forearm block (def), pos. 1 with sabaki,
R knee strike, forward throw, turn 225 degrees CW.
3. Attack: R front kick.
Counter: L outside block, right leg forward and grab to do backwards throw,
L knee strike, backwards throw, turn 180 degrees CCW.
4. Attack: L low round-house kick.
Counter: L outside shin/forearm block (def), pos. 2 with sabaki,
L knee strike, forward throw, turn 225 degrees CCW.
5. Attack: L front kick.
Counter: L low block, grab to do backwards throw,
R knee strike, backwards throw, turn 270 degrees CW and face towards Front.
6. Attack: R high round-house kick.
Counter: Slide backwards to avoid the kick, then slide back in close to your opponent,
turn 180 degrees CW and grab to do backwards throw,
R knee strike, backwards throw, turn further 180 degrees CW.
7. Attack: L front kick.
Counter: L low block, backwards throw (control) pos. 3,
R knee strike, backwards throw, turn 315 degrees CW.
8. Attack: L high round-house kick.
Counter: Slide backwards to avoid the kick, then slide back in close to your opponent,
backwards throw (control) pos. 3,
R knee strike, backwards throw, turn 135 degrees CW.
9. Attack: R high round-house kick.
Counter: Slide backwards, step in close to your opponent with your right foot,
grab to do backwards throw pos. 4,
L knee strike, move your left leg backwards to horse-riding stance, backwards throw,
opponents head on your left thigh.
10. Counter: R knife-hand strike,
R descending elbow strike, back to Fighting Stance.

Nage no kata sono san

1. Fighting Stance
2. Attack: R low round-house kick,
Counter: R punch.
L inside shin/forearm block (def),
L outside block, pos. 1 with sabaki,
R knee strike, turn 45 degrees CW,
R knee strike, forward throw, turn 180 degrees CW.
3. Attack: R front kick, R high punch.
Counter: Slide backwards, double L outside block, right leg forward and grab to do backwards throw,
L knee strike, with your left hand grab the hair of opponent and turn 180 degrees CW (behind opponent),
R knee strike, throw your opponent backwards to the right.
4. Attack: L low round-house kick,
Counter: L punch.
L outside shin/forearm block (def),
R outside block, pos. 2 with sabaki,
L knee strike, turn 45 degrees CCW,
L knee strike, forward throw, turn 180 degrees CCW.
5. Attack: L front kick, L high punch.
Counter: L low block,
L high knife-hand block, grab to do backwards throw 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 knee strike,
R knee strike, throw your opponent to the right and face towards Front.
6. Attack: R high round-house kick.
Counter: L high knife-hand block while sliding forward,
R low round-house kick,
L high round-house kick,
R spinning hook kick.
7. Attack: L front kick.
Counter: L low block,
R low round-house kick, sabaki to pos. 2,
L knee strike,
R elbow strike inside, complete the rotation 360 degrees CCW.
8. Attack: L high round-house kick.
Counter: Slide backwards,
R low round-house kick, to back-position with right hand under opponents chin and left hand grabbing his hair,
L knee strike,
R knee strike, throw opponent backwards to the right and turn to face away from Front.
9. Attack: R high round-house kick.
Counter: Slide backwards,
L low round-house kick, to back-position, left hand under opponents chin from behind and right hand pulling his hair,
R knee strike,
L knee strike, pull opponents head down to your left thigh, horse-riding stance.
10. Counter: R knife-hand strike, slide backwards while holding opponents head with your left hand,
R round-house kick, back to Fighting Stance.

Jissen no kata sono ichi

1. Fighting Stance
2. Attack: R mid-section punch.
Counter: L mid-section outside block, pos. 3 while controlling your opponent,
R punch,
R elbow strike inside.
3. Attack: R high punch.
Counter: L high outside block, pos. 3,
R knee strike,
R high round-house kick, follow through and turn 225 degrees CCW.
4. Attack: L mid-section punch.
Counter: L low block, pos. 4 while controlling your opponent,
R punch,
R elbow strike inside.
5. Attack: L high punch.
Counter: L knife-hand block, pos. 4 and shift positions of your feet with control of opponent,
L knee strike,
L high round-house kick, push towards Front.
6. Attack: R front kick.
Counter: L outside block, pos. 3,
R hook punch,
L hook punch,
R high punch,
R mid-section round-house kick.
7. Attack: L front kick.
Counter: L low block, pos. 4,
R high punch,
L hook punch,
R high punch,
R high round-house kick.
8. Attack: L mid-section round-house kick.
Counter: L outside shin/forearm block,
R low round-house kick, to pos. 2 with sabaki,
L knee strike, forward throw, turn to face away from Front.
9. Attack: R mid-section round-house kick.
Counter: L inside shin/forearm block, to pos. 1 with sabaki,
R knee strike, left hand hold opponents right shoulder down.
10. Counter: R punch, pull opponent in,
R descending elbow strike, back to Fighting Stance.