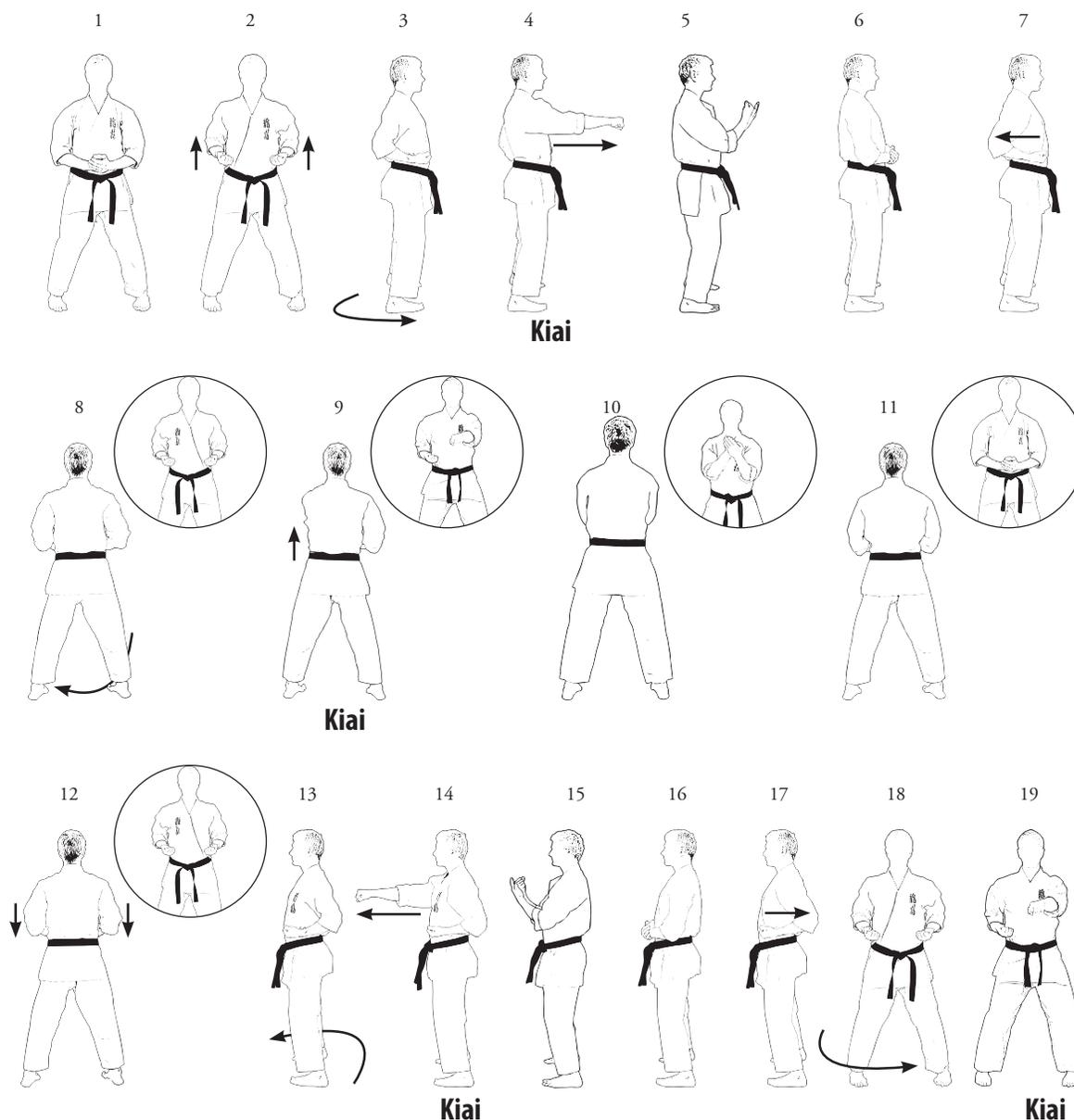


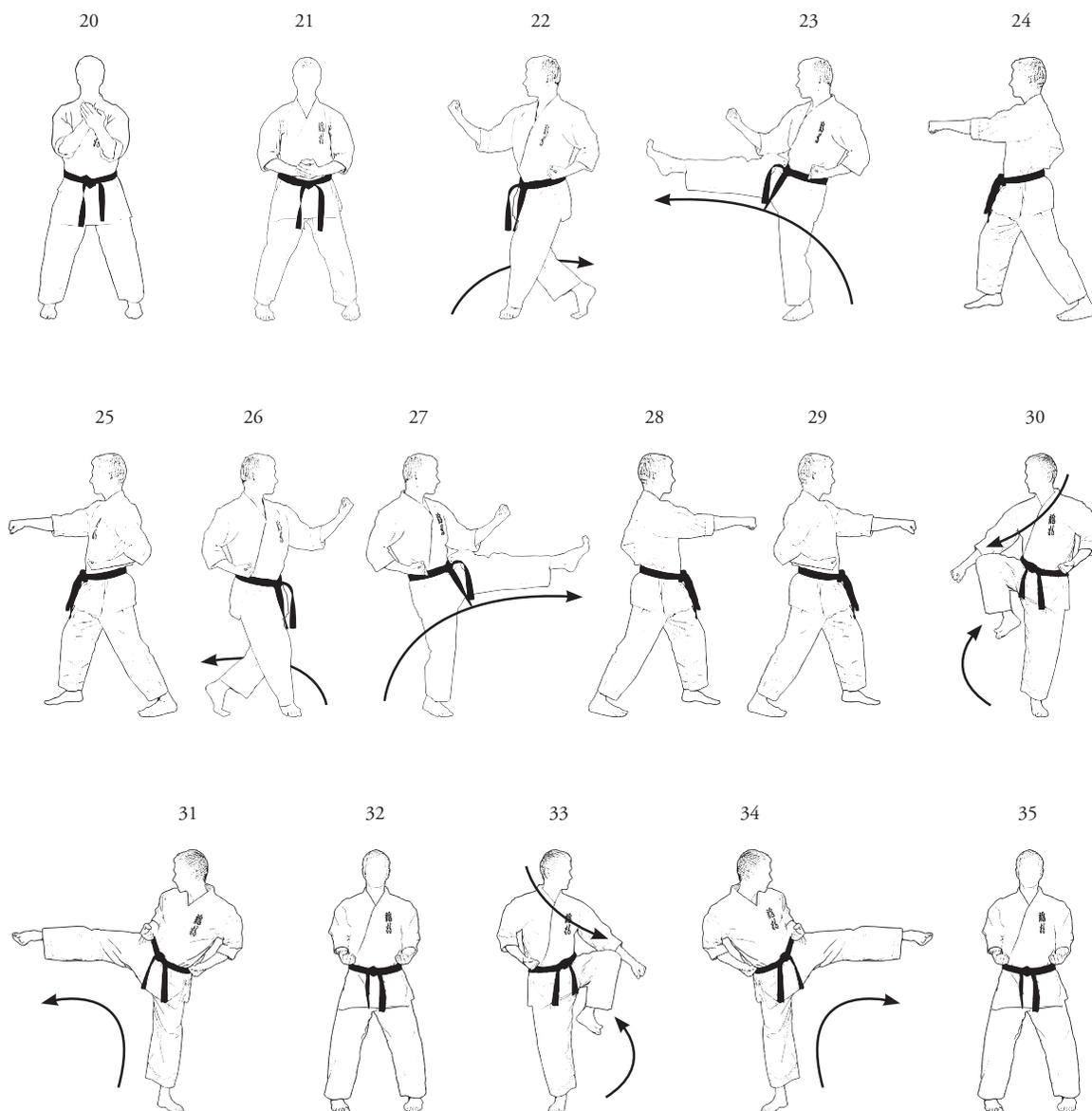
# Kata Illustrations

## Shihōhai



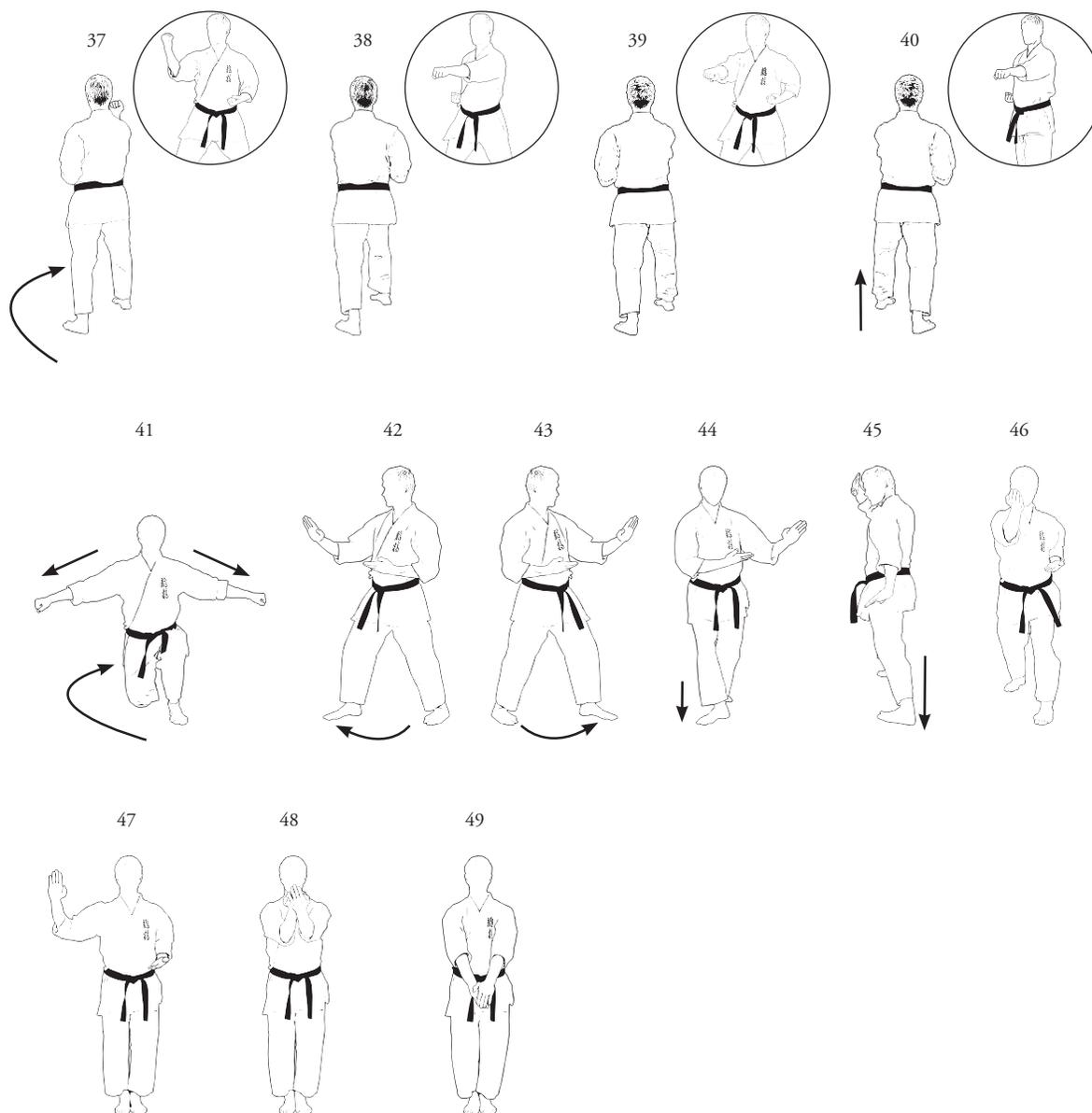
**1.** Yoi. **2-4.** Pull your hands to your hips. Step forward with your right foot so you face 90° to your left, in uchi-hachji-dachi, chudan-tsuki (R) (kiai!). **5-6.** Move hands back into yoi. **7-9.** Pull your hands back to your hips, step backward with your left foot to face the rear, chudan-tsuki (L) (kiai!). **10-11.** Move hands back into yoi. **12-14.** Pull hands to hip, step forward with right foot to face 90° to left, chudan-tsuki (R) (kiai!). **15-16.** Move hands back into yoi. **17-19.** Pull your hands back to your hips, step backward with your left foot to face front, chudan-tsuki (L) (kiai!).

## Shihōhai



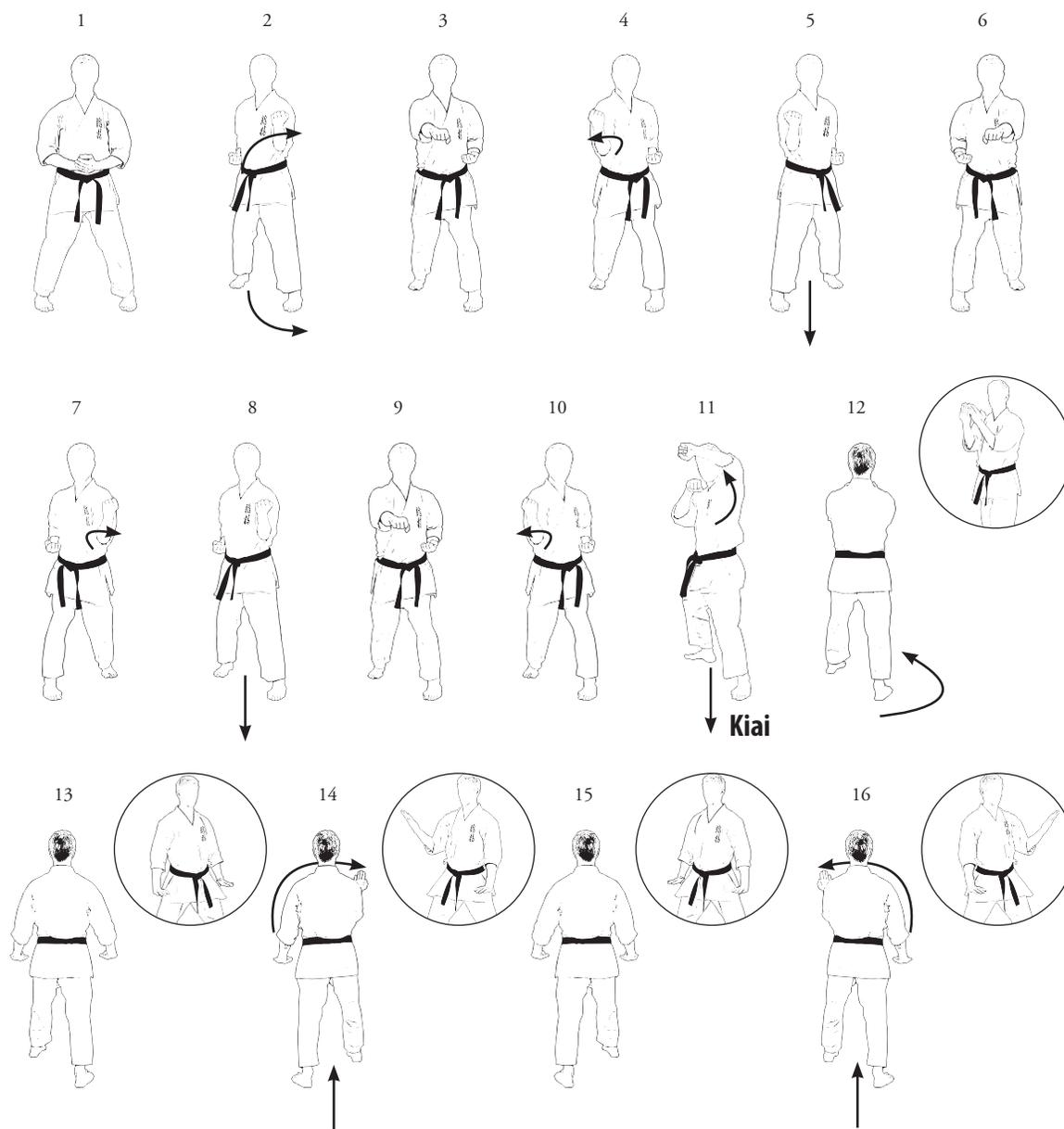
**20-21.** Move hands back into yoi. **22.** Look right, yoseashi (draw right foot back into a crossed stance), chudan uraken-uke (R). **23-25.** Mae-geri (R) and land forward in hangetsu-dachi (R), two chudan-tsuki (L, R). **26.** Yose-ashi (draw left foot back into crossed stance), facing 180° to your left, chudan uraken-uke (L). **27-29.** Mae-geri (L) and land forward in hangetsu-dachi (L), two chudan-tsuki (R, L). **30.** Sagiashi-dachi, gedan-barai (R) **31-32.** Pull right hand to hip, yoko-geri (R). Land in uchi-hachiji-dachi. **33.** Sagiashi-dachi, gedan-barai (L). **34-35.** Pull left hand to hip, yoko-geri (L). Land in uchi-hachiji-dachi.

## Shihōhai



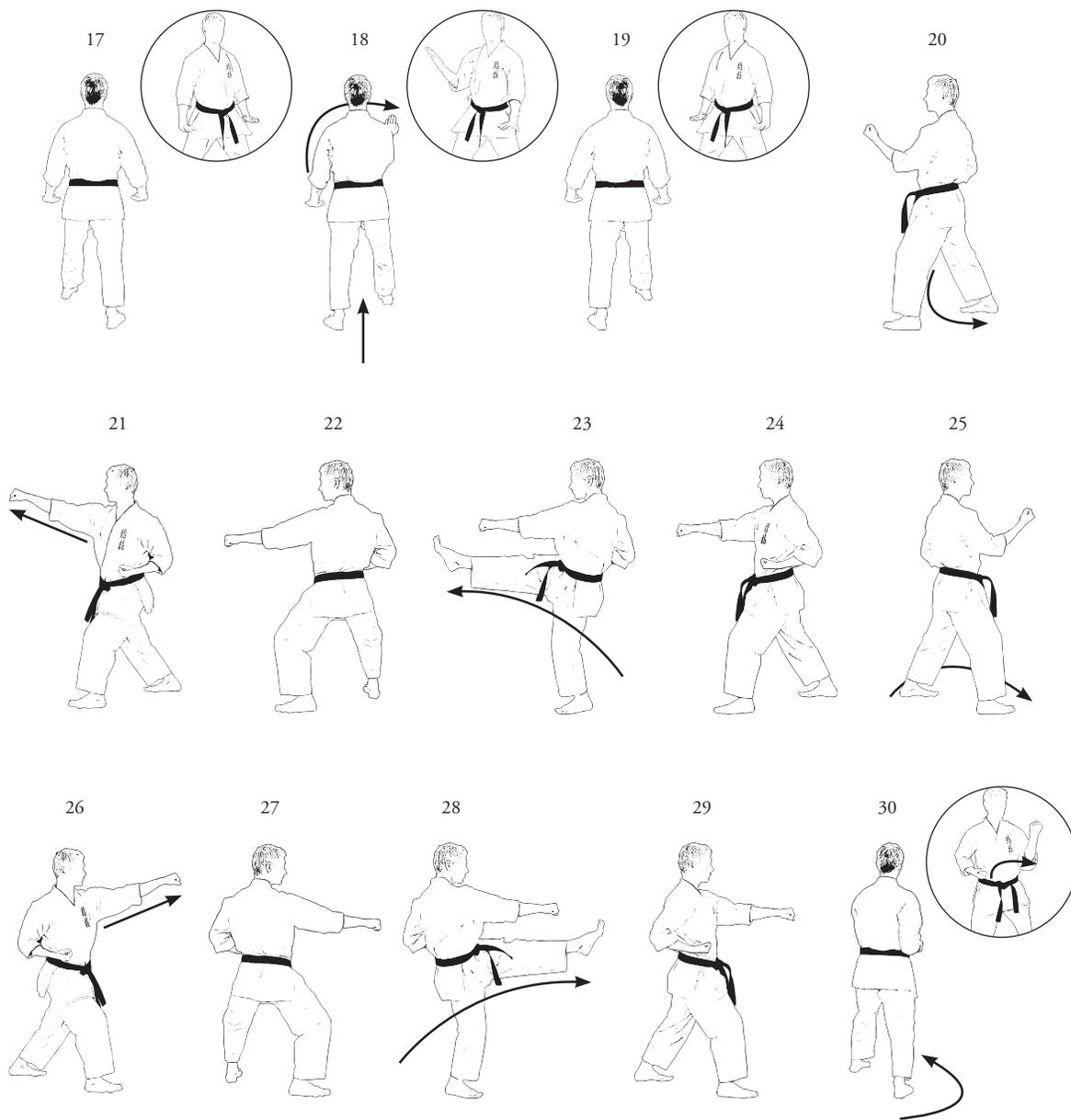
**37.** Step to the rear in hangetsu-dachi (R), jodan uraken-uchi (R) (kiai!). **38-39.** Two chudan tsuki (L, R). **40.** Chudan oi-zuki (L). **41.** Pivot on left foot to face front, orishiki (kneel down on one knee) and sayu-zuki (two-handed punch done out to the sides). **42.** Step to the right in hangetsu-dachi, chudan-kamae (R). **43.** Move your left foot and face 180° to your left, chudan-kamae (L) **44-45.** Take small step towards the front with your right and go into yoko kokutsu-dachi (low sideways back stance) (L), with left open hand at forehead and right hand held in front. This posture is hogyo (honouring a bountiful harvest). **46.** Shift forward into hangetsu-dachi (L), gyaku shutō-uchi (reverse knife-hand strike) (R). **47.** Jodan shutō-yoko-uke (sword-hand block to the side). **48-49.** Yame.

## Seisan



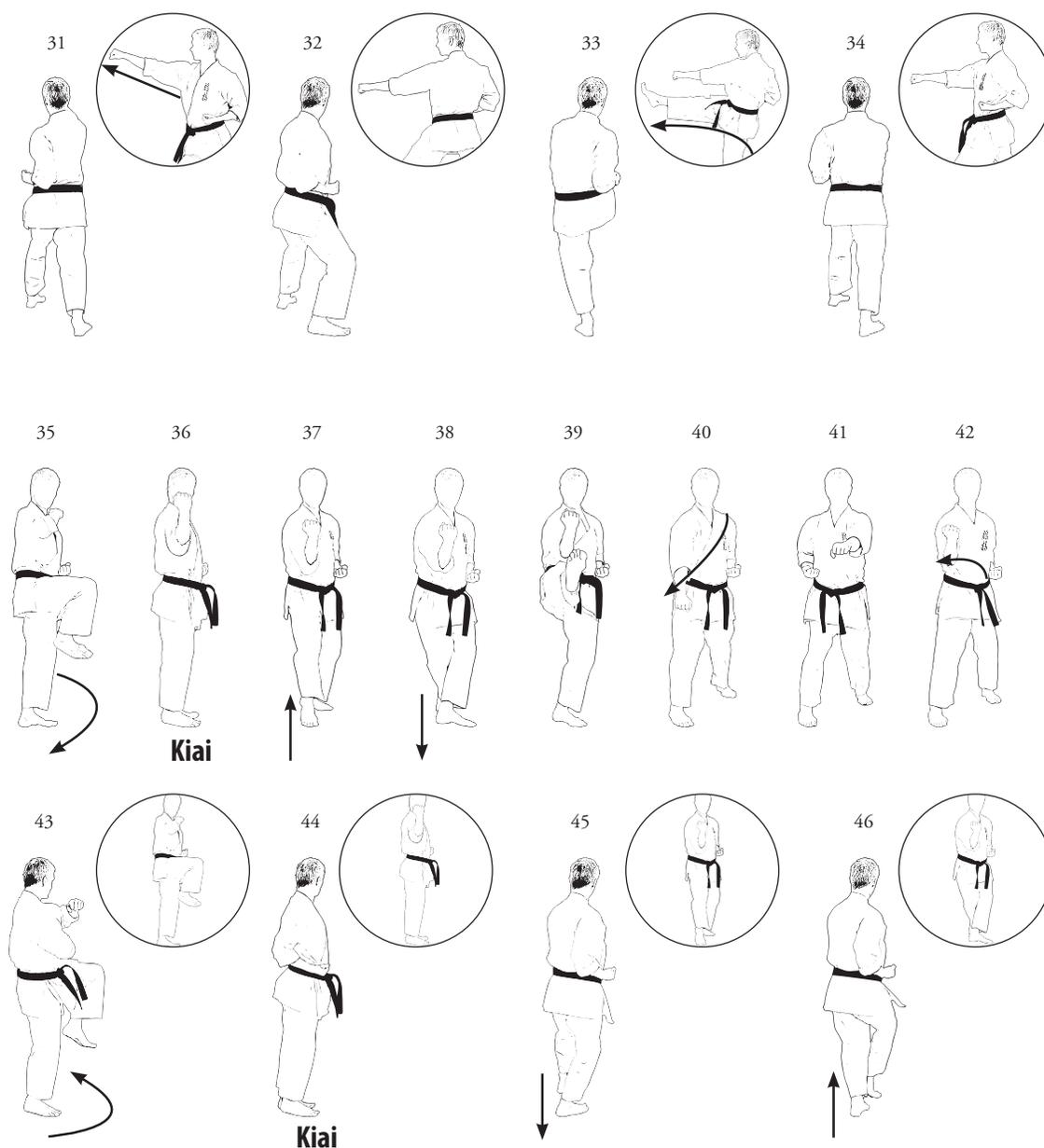
**1.** Yoi. **2.** Step forward into hangetsu-dachi, soto-uke (L). **3-4.** Chudan gyaku-zuki, soto-uke (R). **5-7.** Step forward (R), chudan gyaku-zuki, soto-uke (L). **8-10.** Step forward (L), chudan gyaku-zuki, soto-uke (R). **11.** Slide forward into shiko-dachi (L), kasumi-zuki (mist punch) (kiai!). **12.** Pivoting on left foot, turn to face rear in hangetsu-dachi (L), open-hand kamae below eyes. **13.** Pull both hands down near sides, palms down. **14.** Step forward, chudan haitō-uke (middle ridge-hand block) (R). **15.** Hikotoshi (pull down) (slowly) (R). **16.** Step forward, chudan haitō-uke (L).

## Seisan



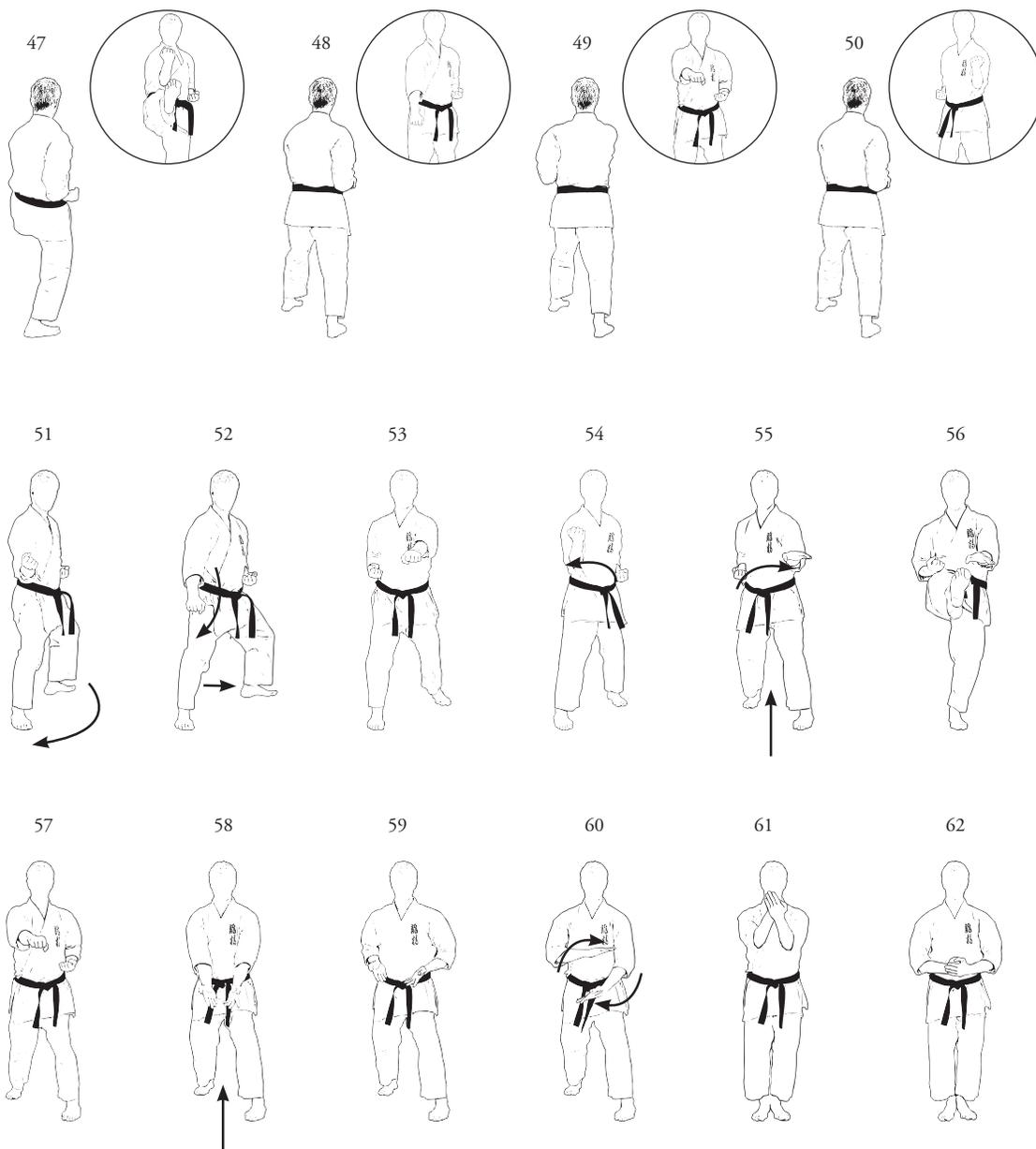
**17.** Hikiotoshi (L). **18.** Step forward, chudan haitō-uke (R). **19.** Hikiotoshi (R). **20.** Moving right foot, face to left in hangetsu-dachi, soto-uke (L). **21-24.** Jodan-gyaku-zuki (R), shizumi-zuki (sinking punch in shiko-dachi) (L), mae-geri (R) and, in hangetsu-dachi, chudan gyaku-zuki (R). **25.** Moving left foot, turn 180° to your right, soto-uke (R). **26-29.** Jodan gyaku-zuki (L), shizumi-zuki (R), mae-geri (L) and chudan gyaku-zuki (L). **30.** Moving right foot, turn 90° to the rear, soto-uke (L).

## Seisan



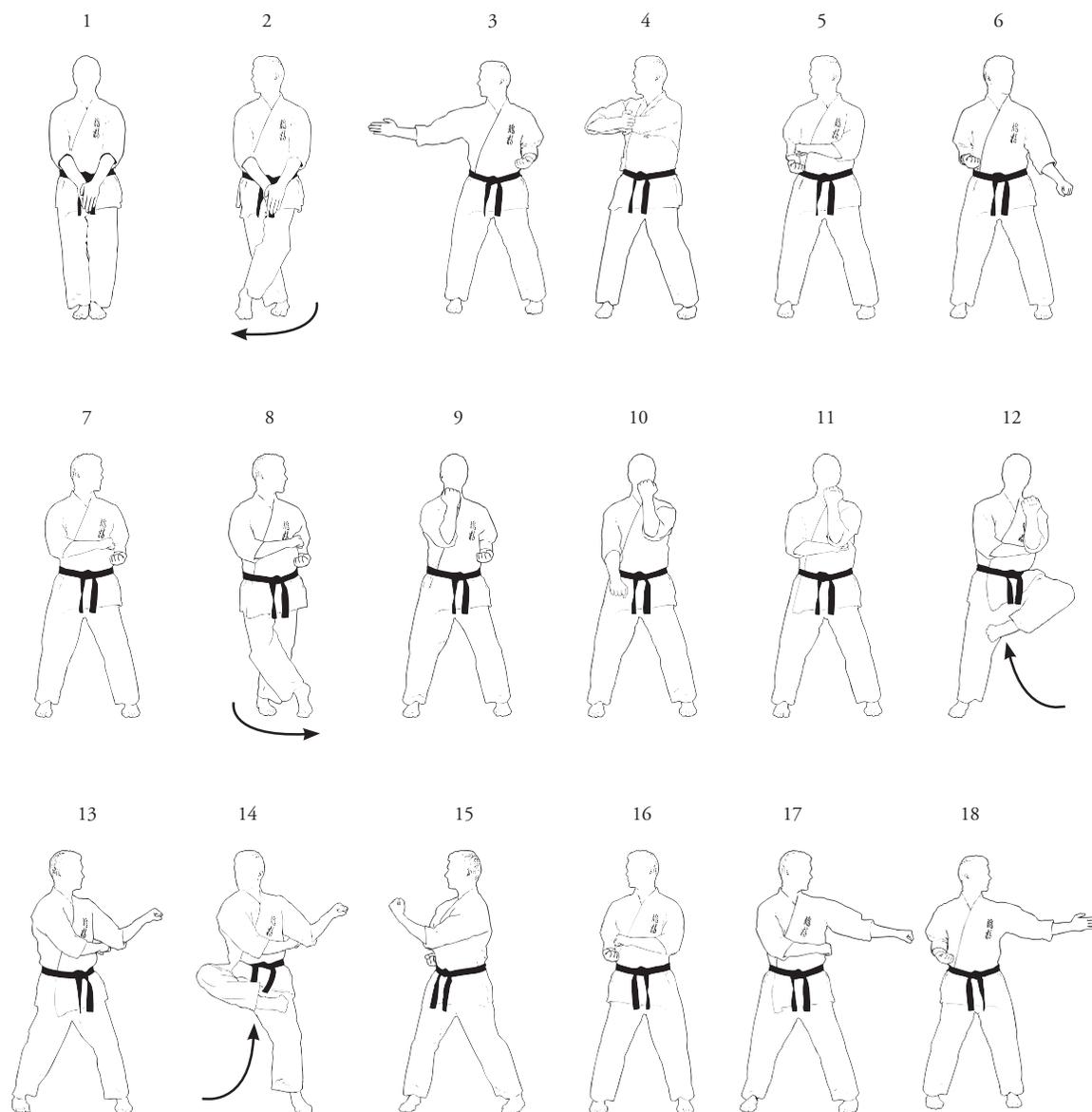
**31-34.** Jodan gyaku-zuki (R), shizumi-zuki (L), mae-geri (R) and chudan gyaku-zuki (R). **35-36.** Towards front, bring right knee up and stomp into musubi-dachi, jodan uraken-uchi (R) (kiai!). **37.** Pull back into neko-ashi-dachi (cat stance), chudan kamae (R). **38-42.** Cross forward and mae-ashi-geri (front kick with front foot) and land in hangetsu-dachi (R), gedan-barai (R), gyaku-zuki (L), chudan-kamae (R). **43-44.** Towards rear, lift left knee and stomp into musubi-dachi, jodan uraken (L) (kiai!). **45.** Pull back into neko-ashi-dachi and chudan-kamae (L).

## Seisan



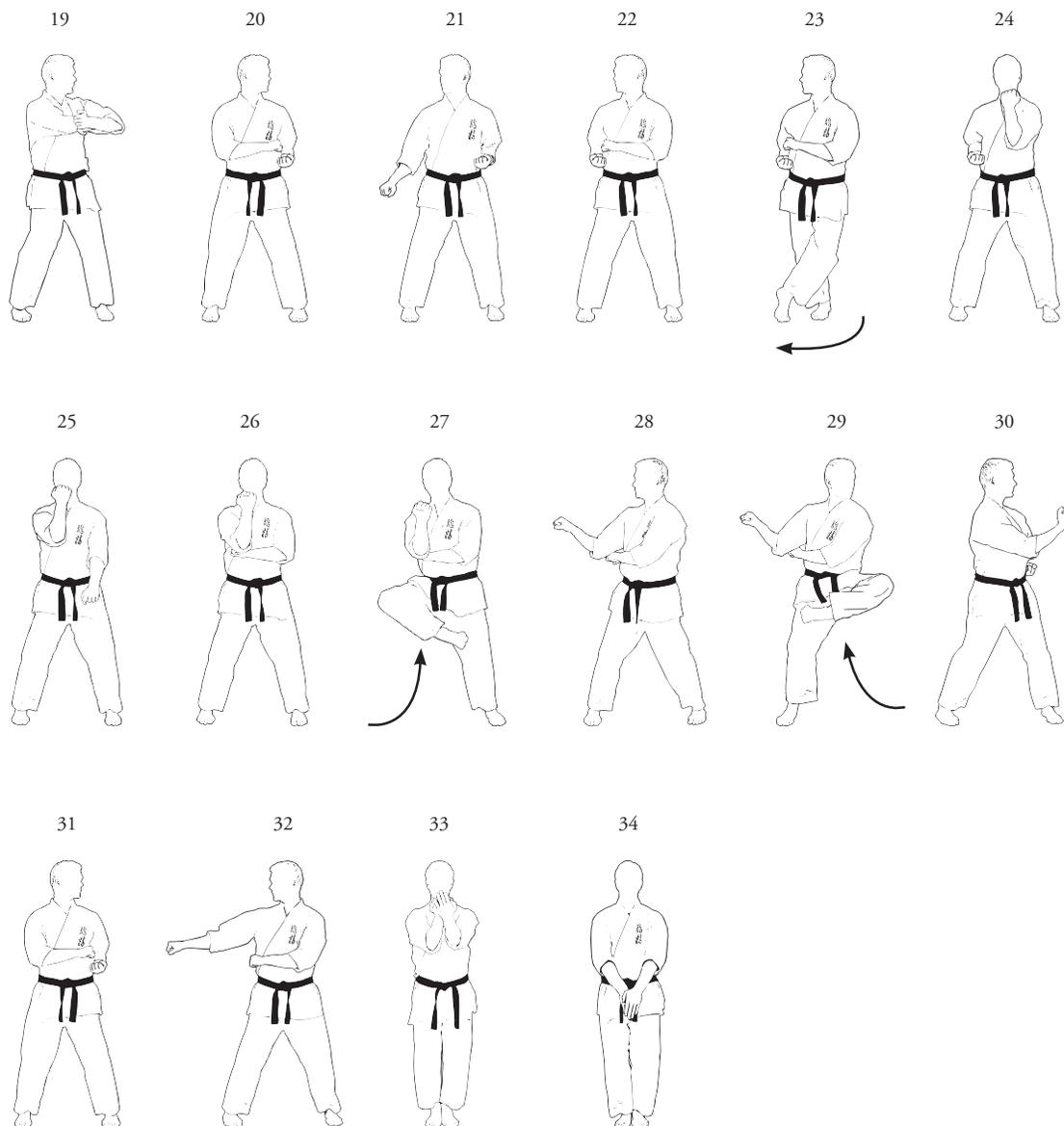
**46-50.** Cross forward and mae-ashi-geri, land in hangetsu dachi (L), gedan-barai (L), gyaku-zuki (R), chudan-kamae (L). **51.** Slide towards front in shiko-dachi, ura-kentsui-uchi (hammer-fist strike with thumb side of hand) (R). **52-54.** Slide back into han-shiko-dachi (half shiko-dachi) and gedan-barai (R), turn into hangetsu-dachi (R), gyaku-zuki (L), chudan-kamae (R). **55.** Step back (L) and tsukami-uke (grabbing block) (L). **56-57.** Mae-geri (R), gyaku-zuki (R). **58-60.** Slide back into short hangetsu-dachi (L) and sukui-uke (scooping block), slowly twisting hands, with palms facing each other. **61-62.** Yame.

## Naihanchi



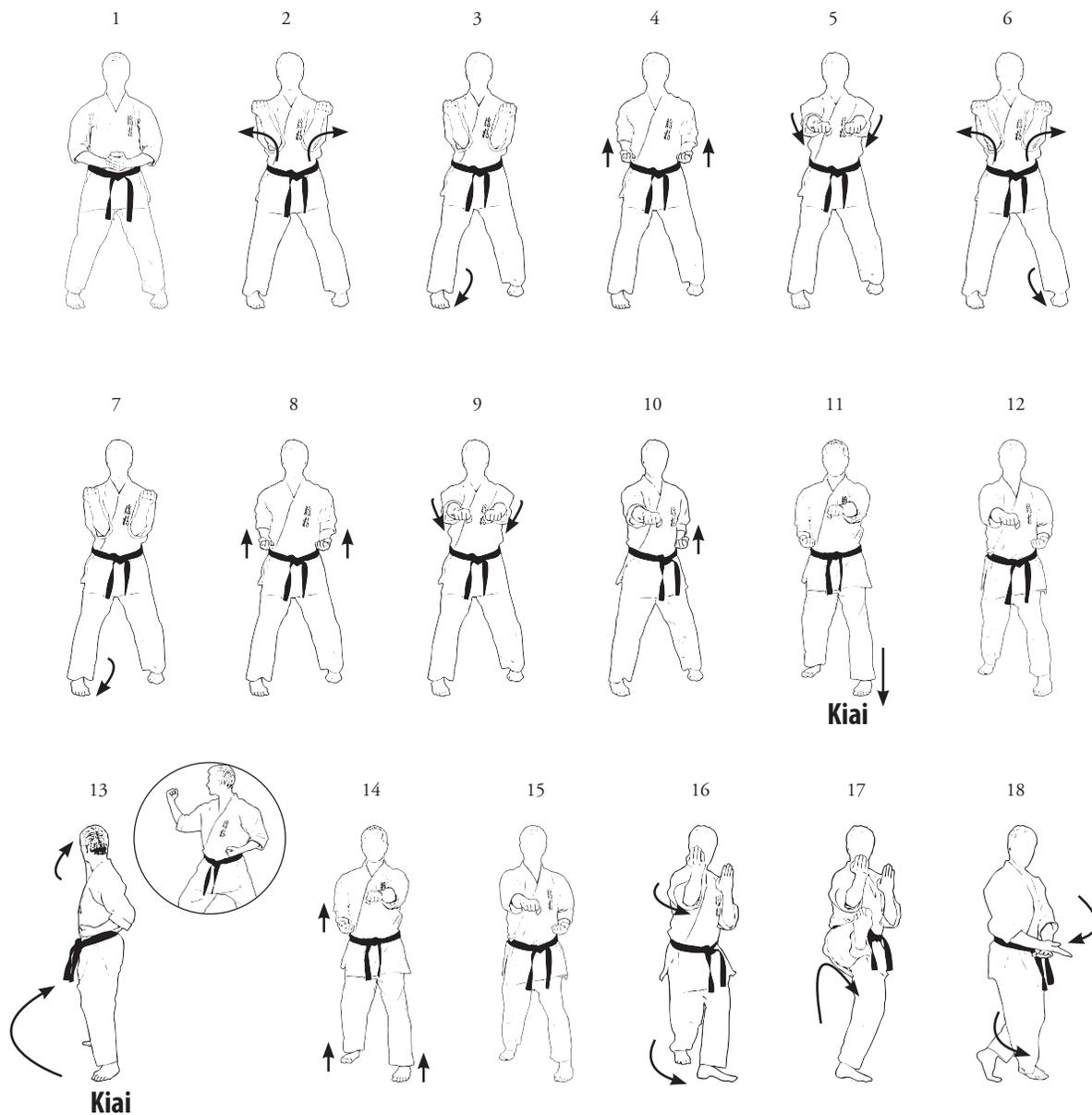
**1.** Yoi. **2.** Kōsa-ashi (cross-step) (R). **3.** Haitō-uke (ridge-hand block) (R). **4.** Empi-uchi (elbow strike (L) into right palm. **5-6.** Fists facing each other on right hip, gedan-barai (lower block) (L). **7.** Kagi-zuki (hook punch) (R). **8.** Kōsa-ashi (L). **9.** Chudan-uke (middle block) (R). **10.** Gedan-barai (R)/chudan-uke (L). **11.** Uraken-uchi (back-fist strike) (L), with right fist under elbow. **12.** Namiashi-gaeshi (wave-foot step) (L). **13.** Chudan yoko-uke (middle side block) (L). **14.** Namiashi-gaeshi (R). **15.** Chudan uchi-uke (middle inside block) (L). **16-17.** Morote-zuki (two-handed punch) (L). **18.** Haitō-uke (L).

## Naihanchi



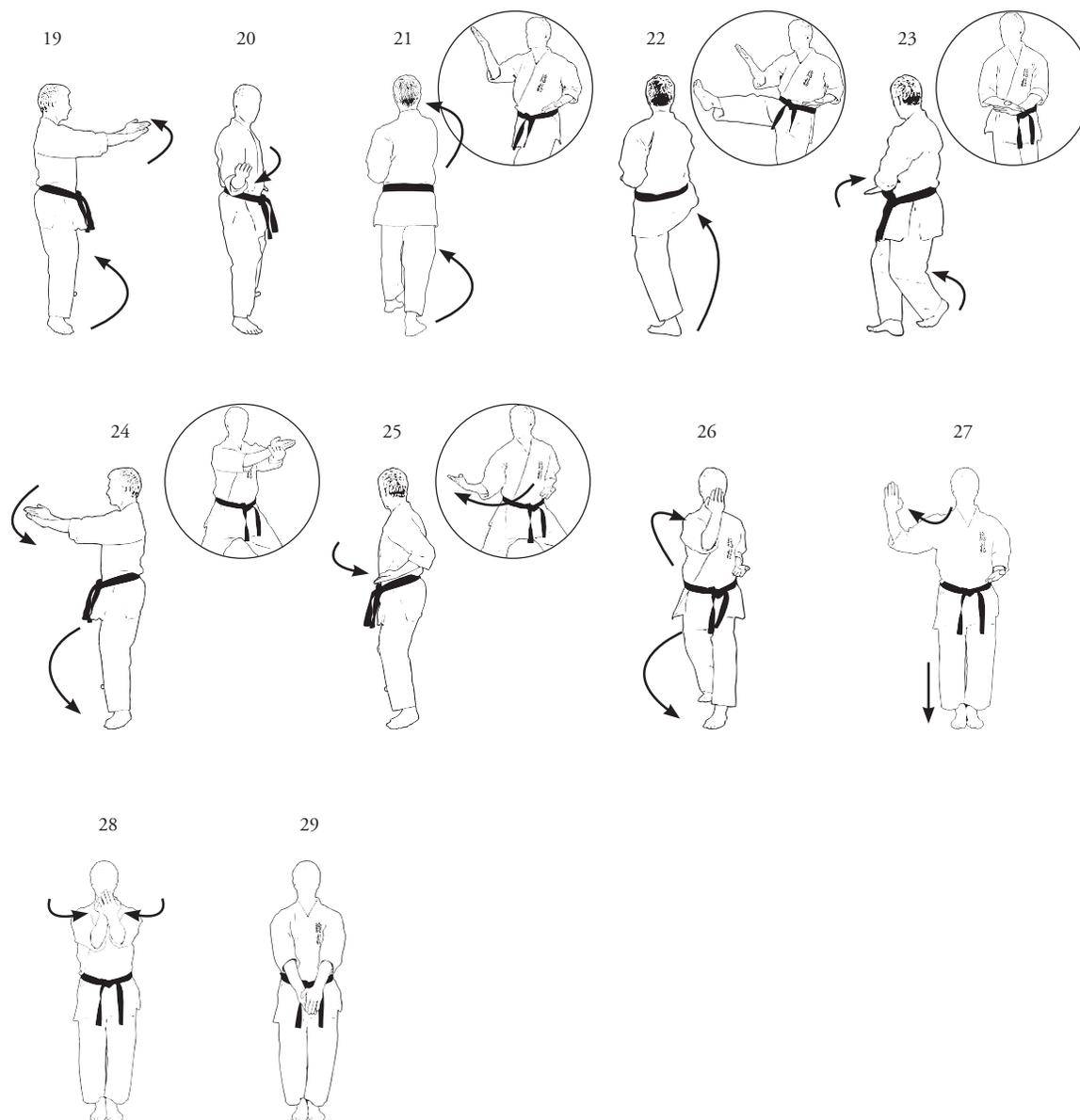
**19.** Empi-uchi (elbow strike) (R) into left palm. **20-21.** Fists facing each other on left hip, gedan-barai (lower block) (R). **22.** Kagi-zuki (L). **23.** Kosa-ashi (R). **24.** Chudan-uke (middle block) (L). **25.** Gedan-barai (L)/chudan-uke (R). **26.** Uraken-uchi (back-fist strike) (R), with left fist under elbow. **27.** Namiashi-gaeshi (R). **28.** Chudan yoko-uke (R). **29.** Namiashi-gaeshi (R). **30.** Chudan uchi-uke (R). **31-32.** Morote-zuki (two-handed punch) (R). **33-34.** Yame.

## Niseishi



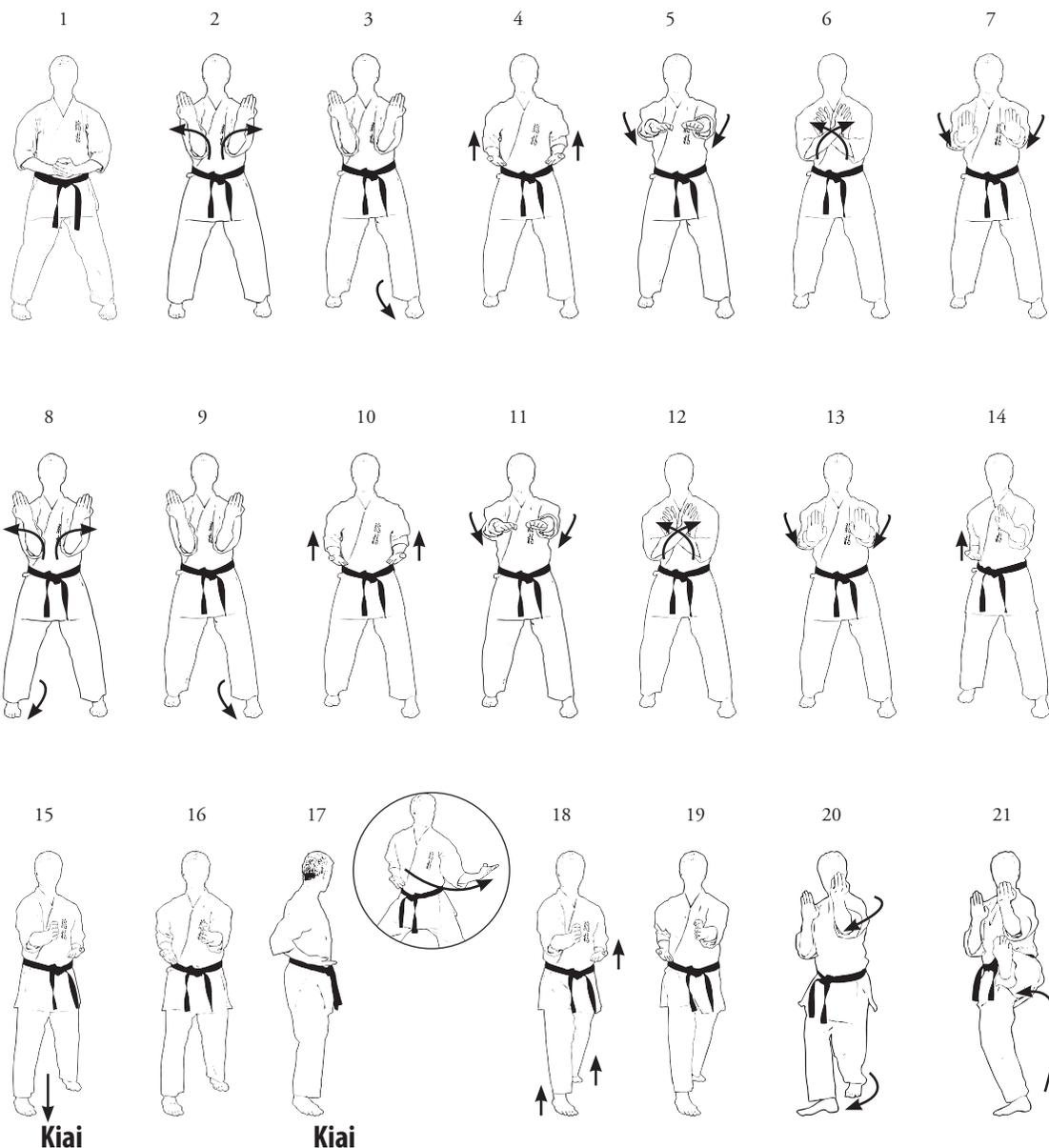
**1.** Yoi. **2.** Chudan morote-uke (two-handed block). **3-4.** Step forward into sanchin-dachi (hour-glass stance) (R), hikite (pull hands to hip). **5.** Chudan morote-zuki (two-handed punch). **6.** Step forward into uchi-hachiji-dachi, chudan morote-uke. **7-8.** Step forward into sanchin-dachi (R), hikite. **9.** Chudan morote-zuki. **10.** Pull your left hand to hip. **11-12.** Step into hangetsu-dachi (L), two chudan-tsuki (L) (kiai!) (R). **13.** Slide to rear in shiko-dachi, jodan uraken-uchi (R) (kiai!). **14-15.** Slide to rear, tsuki-kaeshi (turning punch towards front) in hangetsu-dachi (L), gyaku-zuki (R). **16.** On the spot, twist into irimi-shutō (entering into the attack with a knife-hand strike (R) and open-hand block (L)), in kōsa-dachi (crossed stance) (L). **17.** Mae-geri (R). **18.** Land in kōsa-dachi, shuto-kosa-uke (double knife-hand cross block).

## Niseishi



**19-20.** Step back into shiko-dachi, haitō-uchi (ridge-hand strike) (R). **21.** Turn to rear in chokusen hangetsu-dachi (narrow half-moon stance) (L), shutō-uchi (R). **22.** Mae-geri (R). **23.** Kōsa-dachi, morote shutō-kōsa-uke. **24-25.** Step back into shiko-dachi (R), haitō-uchi (R). **26.** Turn to front in chokusen hangetsu-dachi (L), shutō-uchi (R). **27.** Step forward into musubi-dachi and to right, jodan shutō-yoko-uke (high sword-hand block to side) (R). **28-29.** Yame (both hands open).

## Niseishi (Left side)



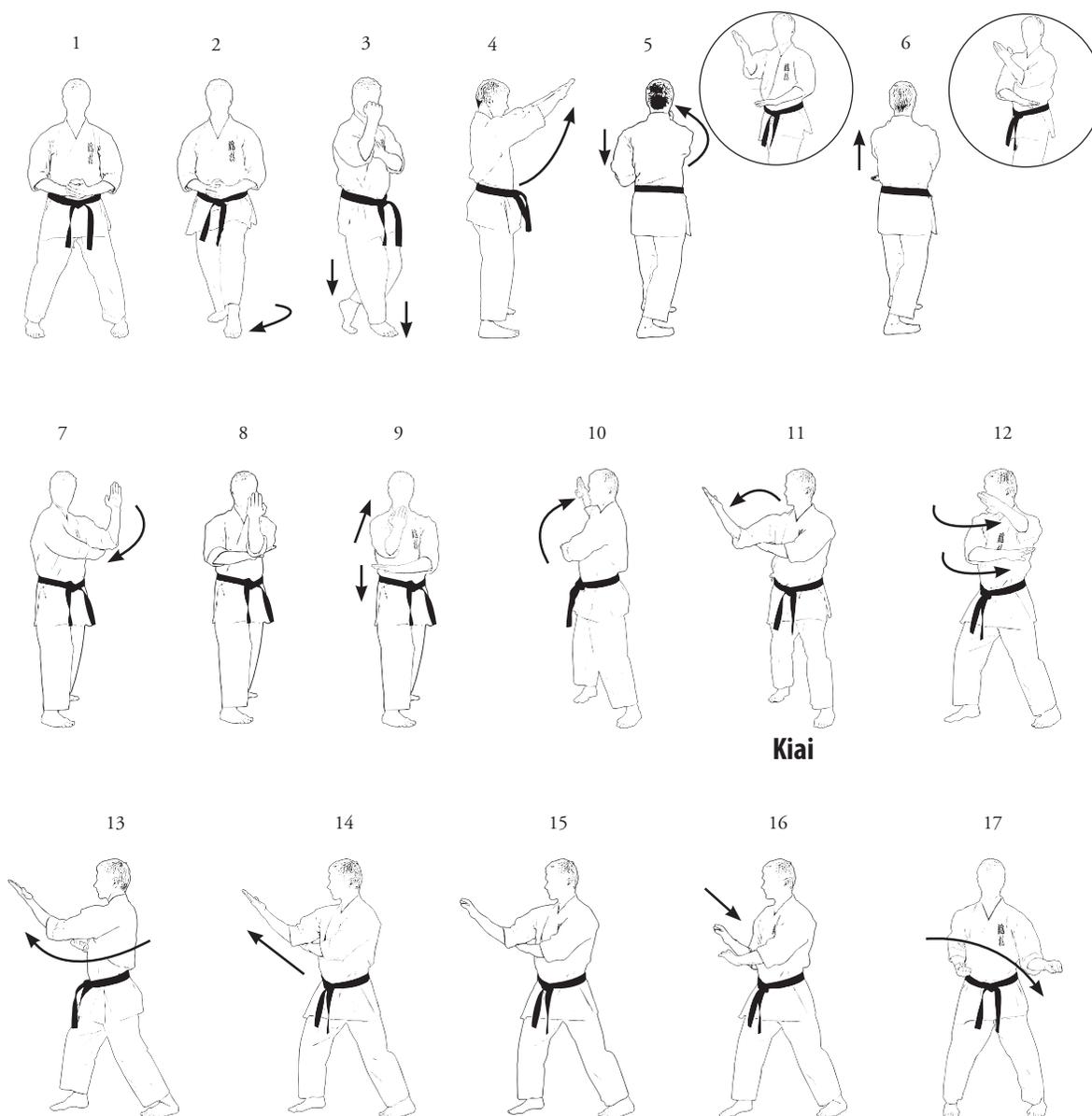
**1.** Yoi. **2.** Chudan morote-uke (open hand). **3-4.** Step forward into sanchin-dachi (L), hikite (pull). **5.** Chudan morote hira-nuki (two-handed fingertip strike, palms down). **6-7.** Pull hands back and then push out chudan morote shōtei-uchi (double palm strike). **8.** Step forward into uchi-hachiji-dachi, chudan morote-uke. **9-10.** Step forward into sanchin-dachi (L), hikite. **11.** Chudan morote hira-nuki. **12-13.** Pull hands back and chudan morote shōtei-uchi. **14.** Pull your right hand to hip. **15-16.** Step into hangetsu-dachi (R), two chudan nukite (spear-hand strikes) (L) (kiai!) (R). **17.** Slide to rear in shiko-dachi, chudan haitō-uchi (L) (kiai!). **18-19.** Slide to rear as turn towards front, in hangetsu-dachi, two nukite (R, L). **20.** On the spot, twist into irimi-shutō (L), in kōsa-dachi (L). **21.** Mae-geri (L).

## Niseishi (Left side)



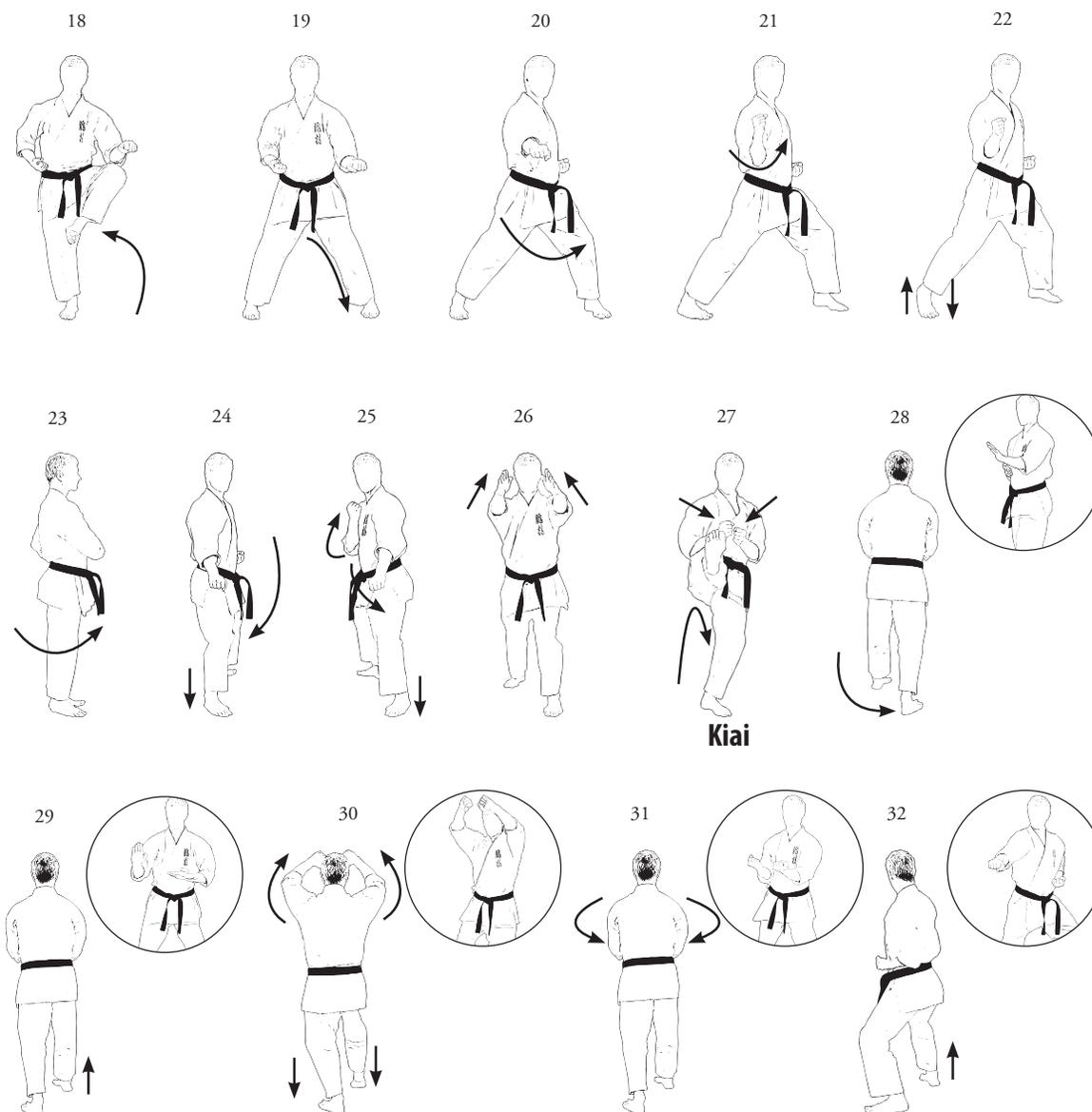
**22.** Land in *kōsa-dachi*, *shutō-kōsa-uke*. **23-24.** Step back into *shiko-dachi*, *haitō-uchi* (L). **25.** Turn to rear in *chokusen hangetsu-dachi* (R), *shutō-uchi* (L). **26.** *Mae-geri* (L). **27.** *Kōsa-dachi*, *morote shutō-kōsa-uke*. **28-29.** Step back into *shiko-dachi*, *haitō-uchi* (R). **30.** Turn to front in *chokusen hangetsu-dachi* (R), *shutō-uchi* (L). **31.** Step forward into *musubi-dachi* and to left, *jodan shutō-yoko-uke* (L). **32-33.** *Yame*

## Bassai



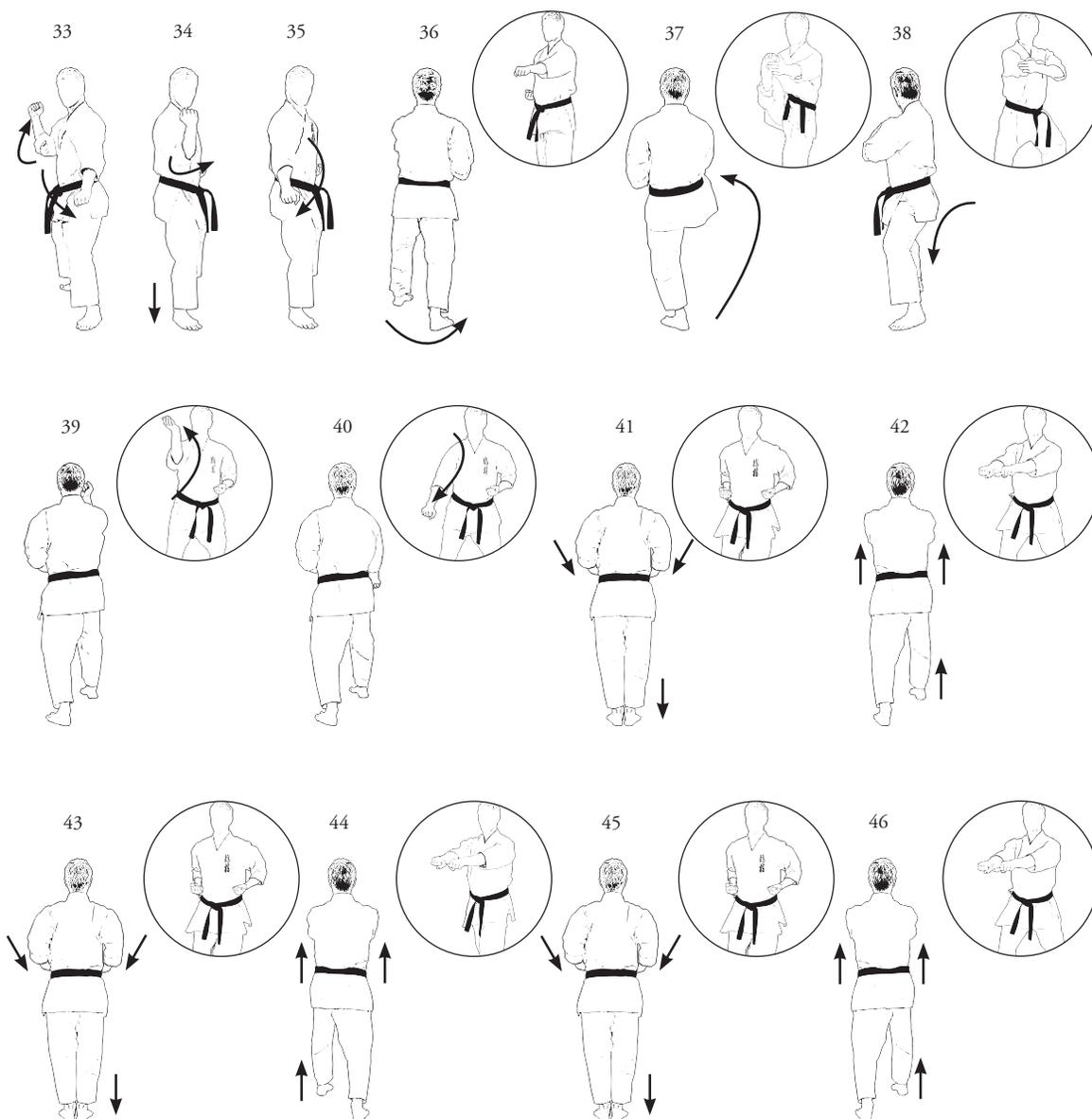
**1.** Yoi. **2.** Step forward into neko-ashi-dachi (L). **3.** Step into kōsa-dachi, jodan uraken-uchi (R) with sasae (supporting hand) (L). **4.** Step back into uchi-hachiji-dachi (facing left) and raise your hands up into sasoi-kamae (a ready position that invites attack). **5-6.** Turn to rear in chokusen hangetsu-dachi (L), shutō-uchi (R) to the neck, teisho-osae-uke (palm pressing block) (R) and jodan hira-nuki (horizontal finger thrust, palm up) (L), with open hand (R) under arm. **7-9.** Turn to the front in chokusen hangetsu-dachi (R), shutō-uchi (L), teisho-osae-uke (L) and jodan hira-nuki (R), with open hand (L) under arm. **10-11.** Step back into uchi-hachiji-dachi (facing right), twist into shuto-uchi (R) to neck, with open hand (L) under arm (kiai!). **12-15.** Teisho-osae-uke (R), step into chokusen hangetsu-dachi (R), shutō-uchi (L) with open hand (R), teisho-osae-uke (L), habute (snake-mouth strike; habu = a type of poisonous snake) (R). **16-17.** Pull your right hand to left and twist forward, as if pulling opponent to ground, in uchi-hachiji-dachi.

## Bassai



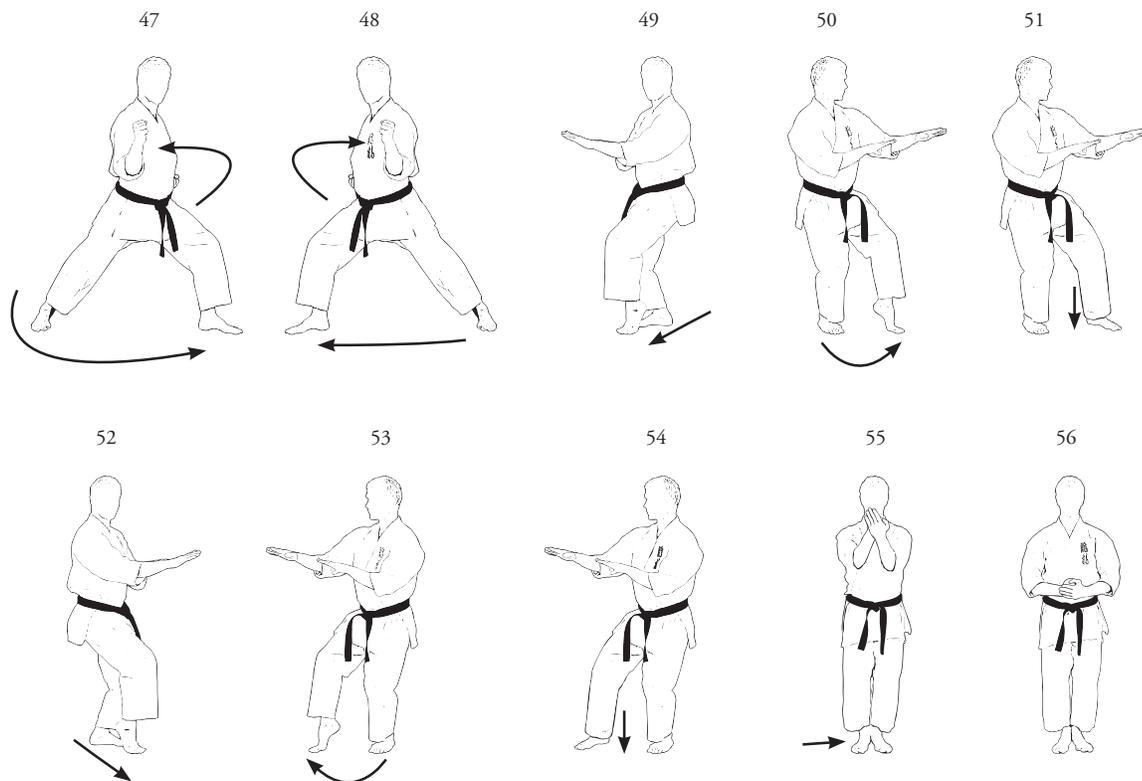
**18-21.** Fumi-komi (stomping kick) (L), turn into okutsu-dachi (low sideways stance) (L), chudan-tsuki (R), mawashi-uke (roundhouse or scooping block) (R). **22-23.** Stomp with your right foot and then draw it up to your left, musubi-dachi, kage-zuki (shadow or hooking punch) to rear (R). **24.** Step toward front in shiko-dachi, gedan barai (R). **25.** Step forward into shiko-dachi, gedan barai (L) with right fist at your chest. **26-27.** Grab up with both hands and mae-geri (front kick) (R) as hands pull to chest (kiai!). **28.** Turn face the rear in hangetsu-dachi, shutō-kamae (L). **29.** Step forward, shutō-kamae (R). **30.** Pull back into neko-ashi-dachi (R), kakiwake-uke (wedge block). **31.** Slide forward into short hangetsu-dachi (R), morote kentsui-uchi (double hammer-fist strike). **32.** Slide into shiko-zuki (R).

## Bassai



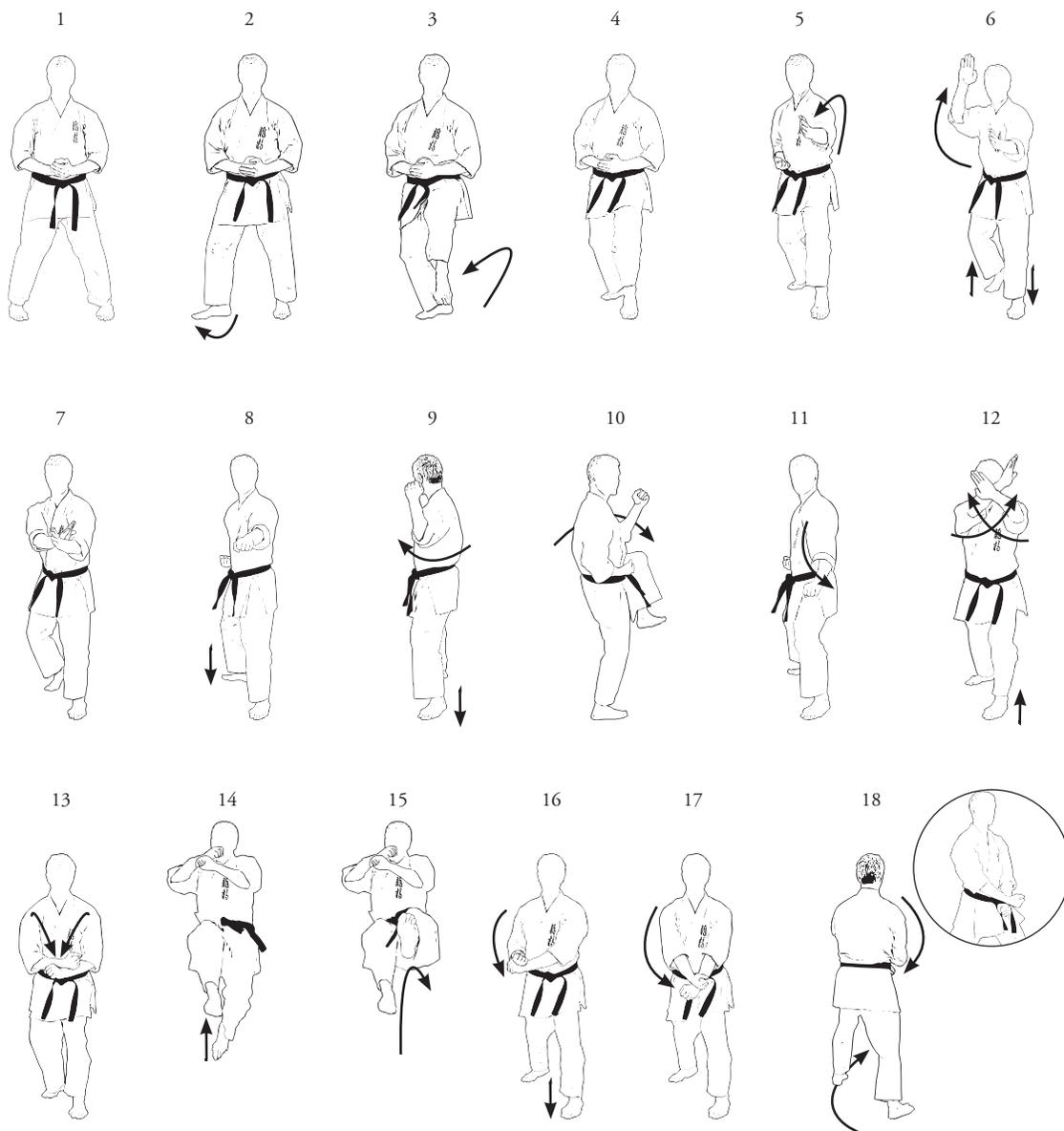
**33.** Turn and face front, kyusei (drawing a bow position). **34-35.** Step forward into shiko-dachi and, in one motion, uchi-uke/gedan-barai (R). **36.** Tsuki-kaeshi to rear in hangetsu-dachi (L). **37-38.** Open left hand and mikazuki-geri (R), striking left palm. Land forward in shiko-dachi (R), chudan mae-empi-uchi (R) into left palm. **39-40.** Shift into hangetsu-dachi and furi-harai (sweeping block) (R). **41-42.** Pull back into musubi-dachi, hands at hip, then step forward in hangestu-dachi (R) and chudan morote-zuki (double-hand punch) (slowly). **43-44.** Pull back into musubi-dachi, then step forward (L), chudan morote-zuki. **45-46.** Pull back into musubi-dachi, then step forward (R), chudan morote-zuki.

## Bassai



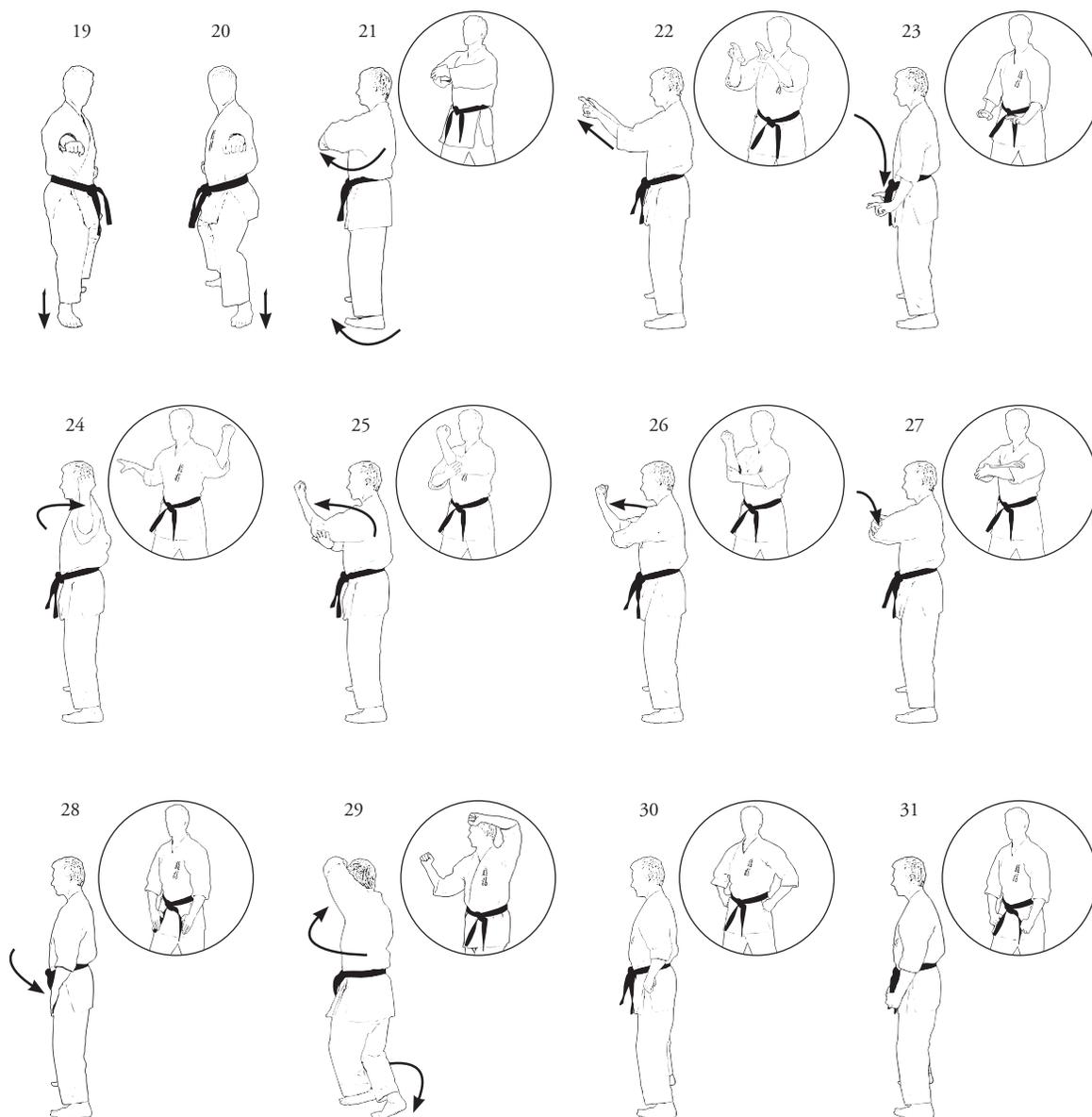
**47.** Pivot on right foot to face front, okutsu-dachi (L), mawashi-uke (R). **48.** Shift to okutsu-dachi on other side (R), mawashi-uke (L). **49.** Step up to your right in neko-ashi-dachi (big toes close together) (L), shutō-sen (knife-hand fan). **50.** Pivot on right foot, so facing to left in neko-ashi-dachi (L), shutō-sen. **51-52.** Stomp left heel down and step up into neko-ashi-dachi (big toes together) (R), shutō-sen. **53.** Pivot on left foot, so facing to right in neko-ashi-dachi (R), shutō-sen. **54-56.** Stomp right heel down and move right foot back into musubi-dachi. Yame.

## Chintō



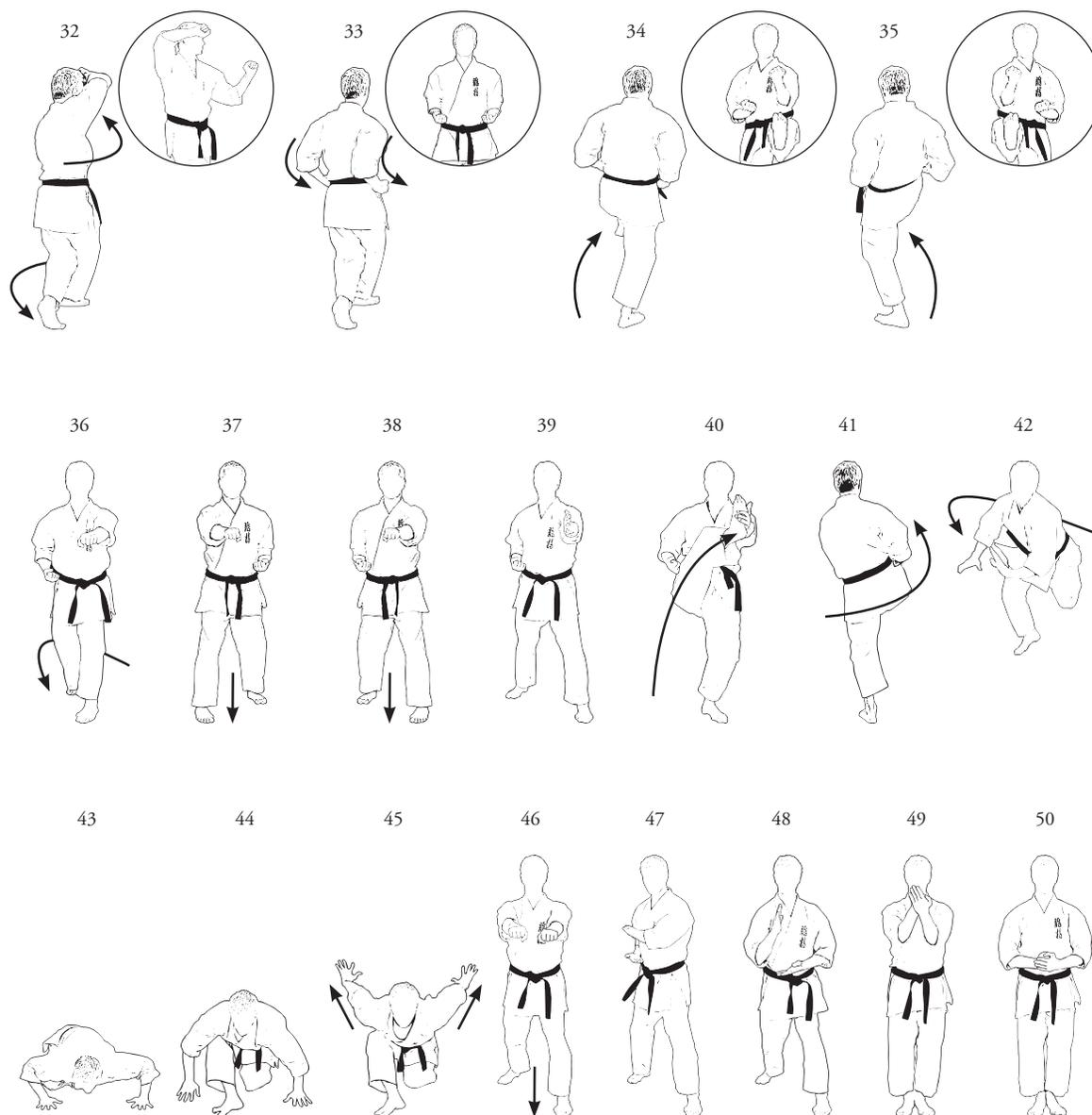
**1.** Yoi. **2-4.** Step forward into a long neko-ashi-dachi (L). **5.** Circle left arm slowly down in shutō osae-uke (knife-hand pressing-down block). **6-7.** Stomp left heel down and raise right heel, then circle right arm down in shutō osae-uke, crossing wrists. **8.** Twist hands, stomp right heel down, han shiko-dachi, chudan-tsuki (L). **9.** Face rear in shiko-dachi (R), kyusei (bow posture). **10-11.** Spin on right foot 180°, so you land facing front in shiko-dachi, gedan-barai (L). **12-13.** Pull back into chinhi-no-kamae (a compressed neko-ashi-dachi position), pulling your crossed wrists from the upper position back into your mid-section. **14-15.** Nidan mae-tobi-geri (flying front double kick) (R, L). **16-17.** Land in fudo-dachi (rooted stance) (L), gedan kōsa-uke (lower cross-hand block). **18.** Turn to the rear and step into fudo-dachi (L), gedan kōsa-uke.

## Chintō



**19-20.** Tsuki-kaeshi to front in shiko-dachi (R) and step forward again into shiko-zuki (L). **21.** Face to right, shift into uchi-hachiji-dachi, chudan mae-empi (L) into your right palm. **22-23.** Bring your two hands down and slap palms against thighs. **24.** Move your hands into yokuzen (natural wing posture; left hand is a fist and the right hand is an open grab). **25-27.** Press right palm down and uraken-uchi (L), press left palm down, uraken-uchi (R). Lay right hand on top of left elbow. **28-29.** Slap your thighs with your palms and yose-ashi (pull your right foot behind your left), so you are facing the rear in kenun-no-kamae (cloud-fist ready posture) (R). **30.** Step back into uchi-hachiji-dachi, with arms in yokuhei (wing defense). **31.** Hit side of fists against front of thighs.

## Chintō



**32.** Twist into *kōsa-dachi* (R), facing the rear, and *kenun-no-kamae* (L). **33.** Pull both hands to hips, *choun-no-kamae*. **34-36.** *Mae-geri* (L), *mae-geri* (R) and *chudan tsuki-kaeshi* to front (L). **37-38.** Move forward *oshi-zuki* (pushing punch) (R, L). **39-43.** Open left hand and *mikazuki-geri* (R), *asuka* (flying bird—jump and turn in air, landing face down, with right knee pulled under body). **44-45.** Look to left, right, then forward, and pull yourself up into *taka no keii* (crouched bird posture). **46.** Step up into *hangetsu-dachi* (L), pull hands to hips, *chudan morote-zuki*. **47-48.** *Shutō sukui-mawashi-uke* (rotating knife-hand scooping block). **49-50.** *Yame*.

