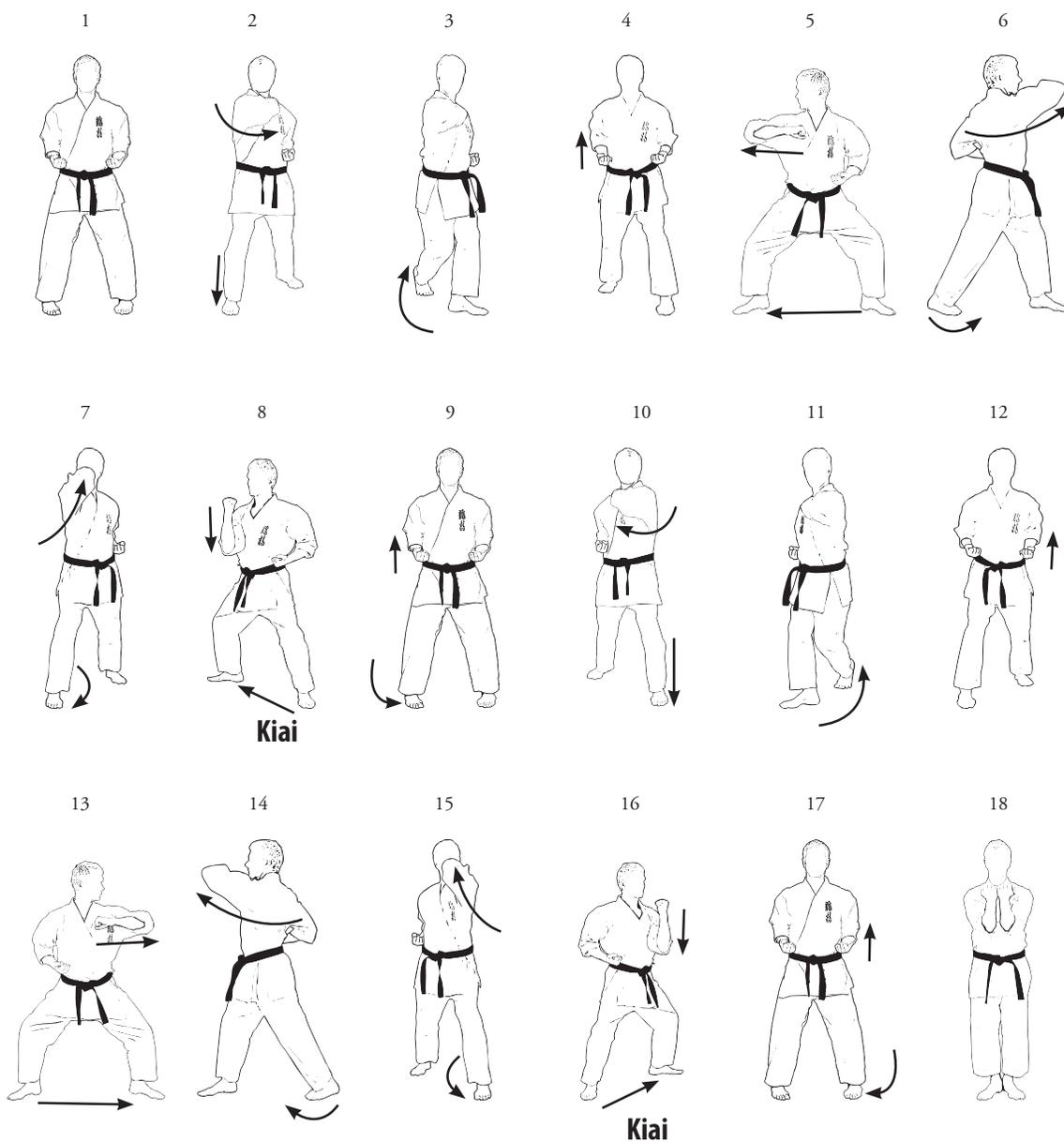




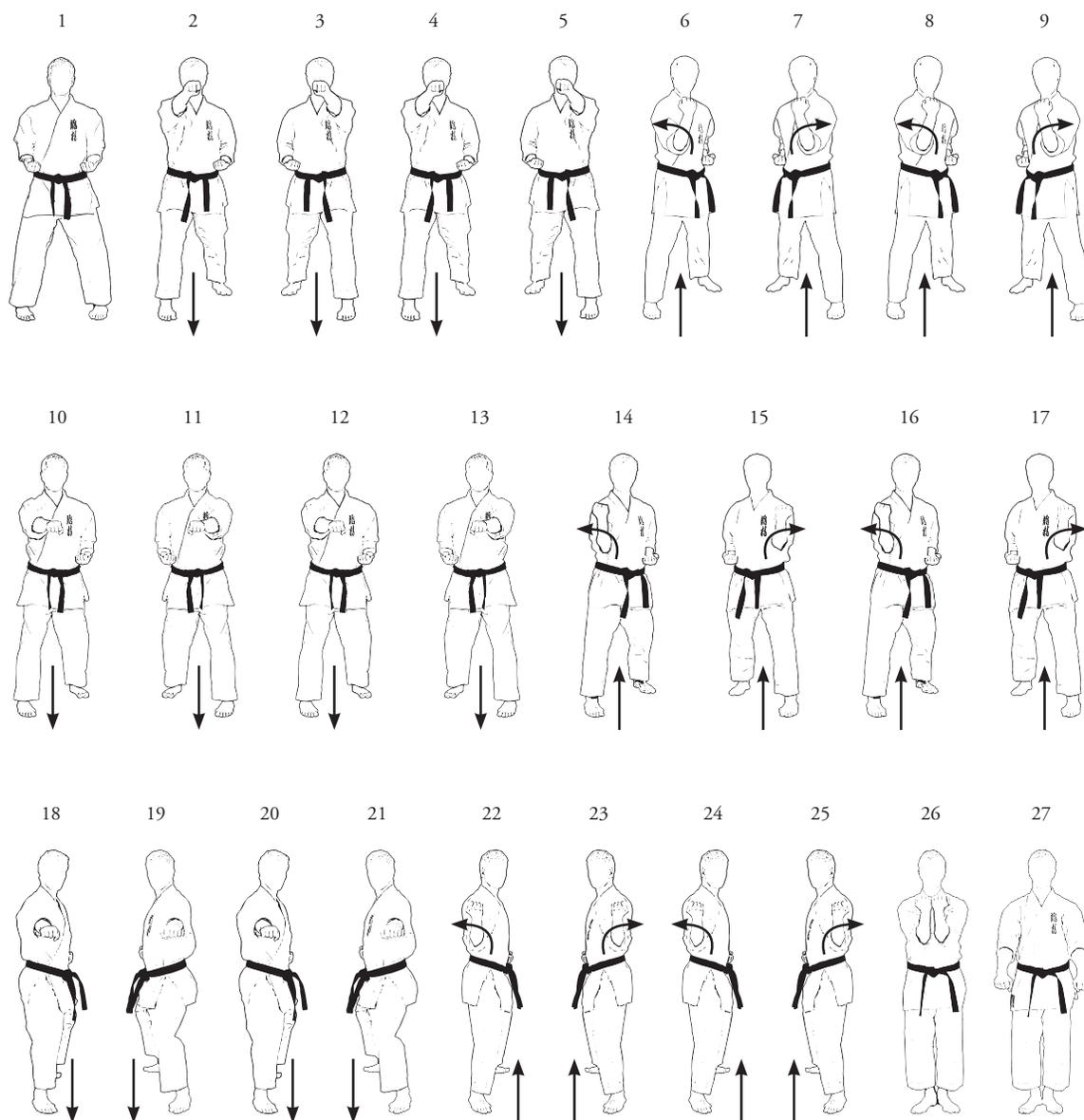
Kihon Illustrations

Empi Kihon Dosa



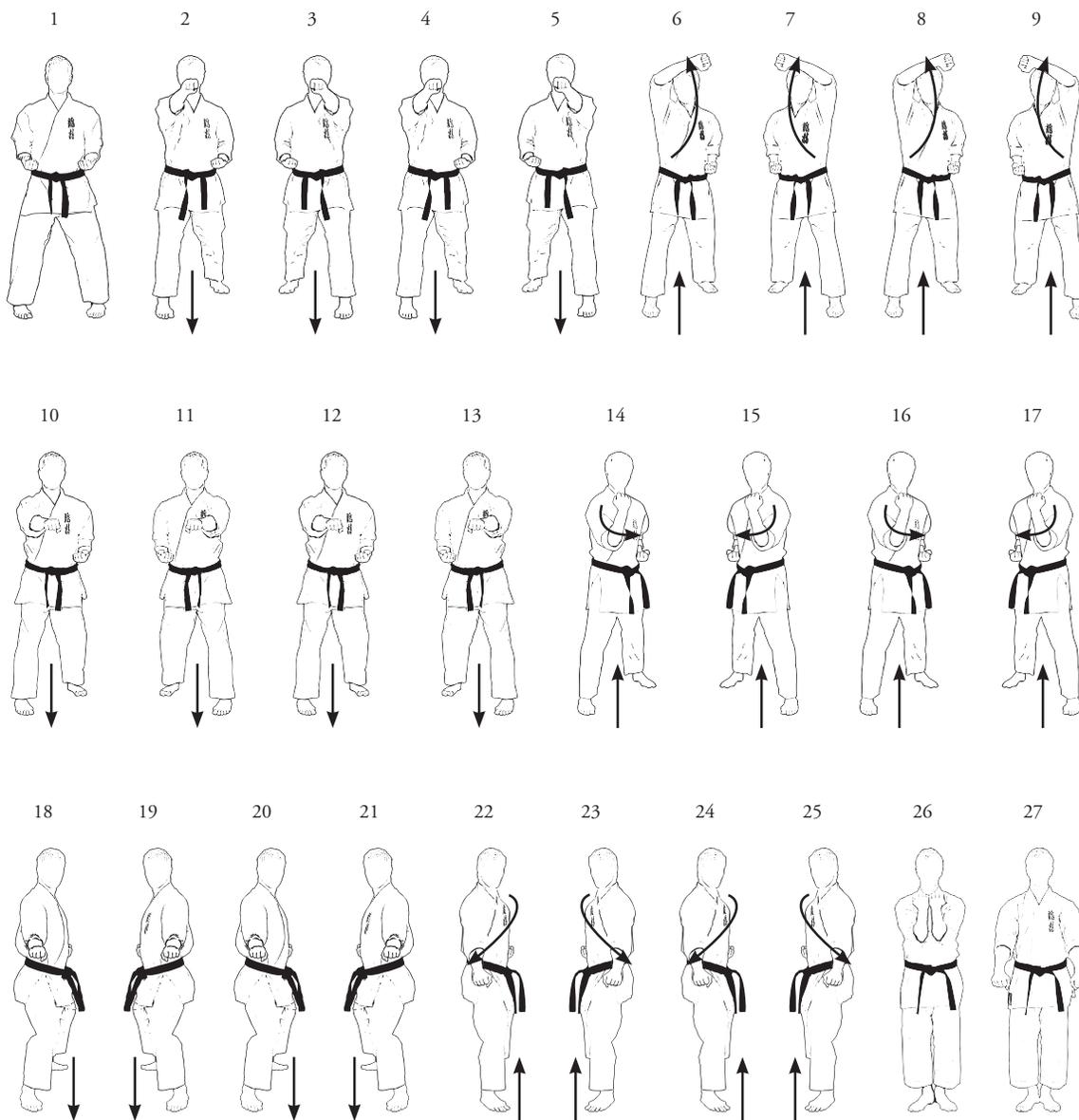
1.Yoi. **2.** Forward, hangetsu-dachi, mae-empi-uchi (front elbow strike) (R). **3-4.** Step back, ushiro-empi-uchi (rear elbow strike) (R). **5.** Step to side, shiko-dachi, yoko-empi-uchi (side elbow strike) (R). **6.** Twist to face opposite direction, jodan mawashi-empi-uchi (high roundhouse elbow strike) (R). **7.** Step toward front, tate-empi-uchi (uppercut elbow strike) (R). **8.** Step back into shiko-dachi, at a 45° angle, otoshi-empi-uchi (dropping elbow strike) (R) (kiai!). **9.** Yame. **10-17.** Repeat for left hand. **18.** Yame.

Kihon Dosa Ichi



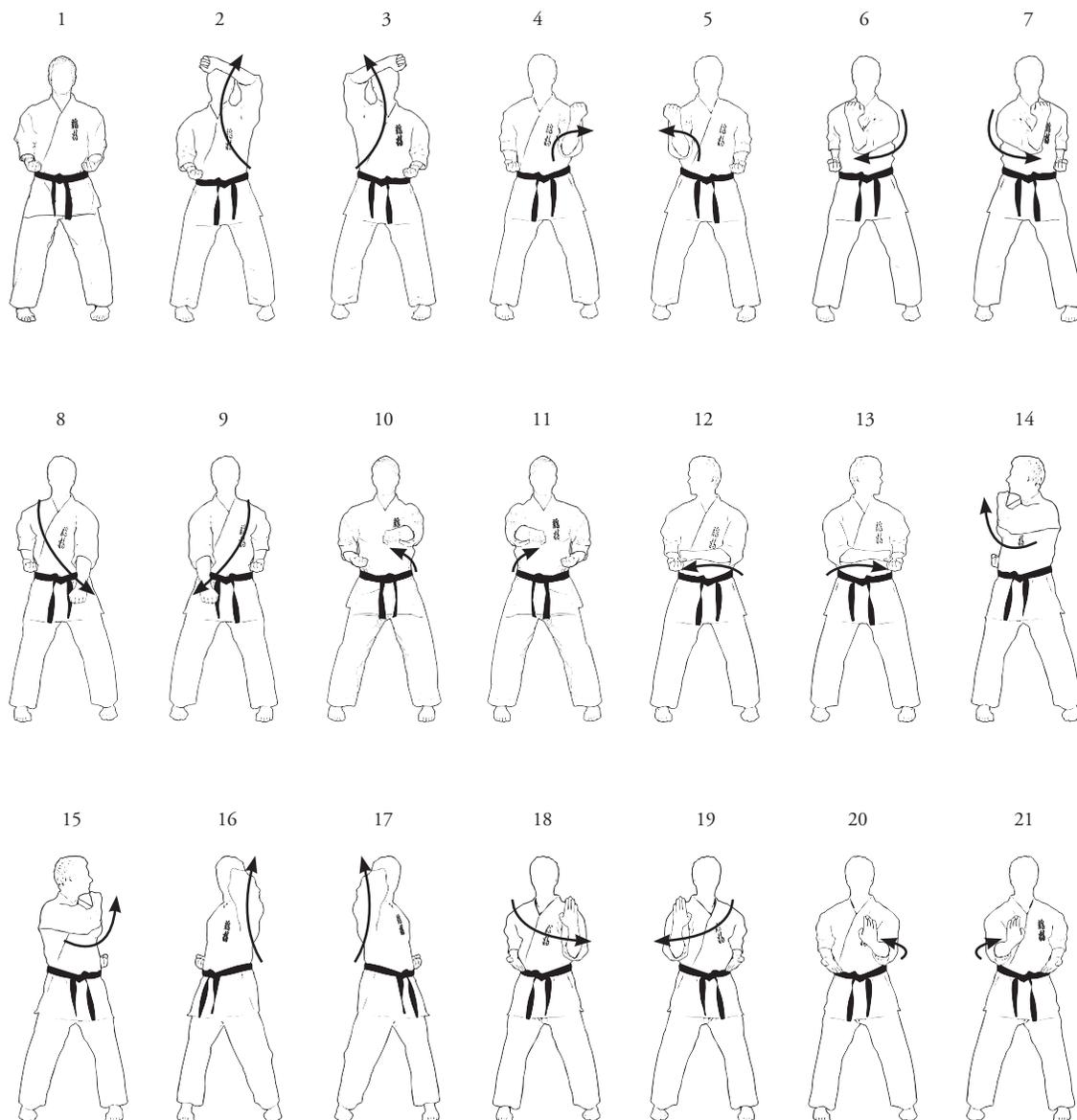
1. Yoi. **2-5.** Walking forward in hangetsu-dachi, jodan oi-zuki (high lunge punches). **6-9.** Walking backward in hangetsu-dachi, soto-uke (outside middle blocks) (slow). **10-13.** Walking forward in hangestu-dachi, chudan oi-zuki (middle lunge punches). **14-17.** Walking backward in hangetsu-dachi, soto-uke (slow). **18-21.** Walking forward, chudan shiko-zuki (middle punches in shiko-dachi). **22-25.** Walking backward in shiko-dachi, soto-uke (slow). **26-27.** Yame.

Kihon Dosa Ni



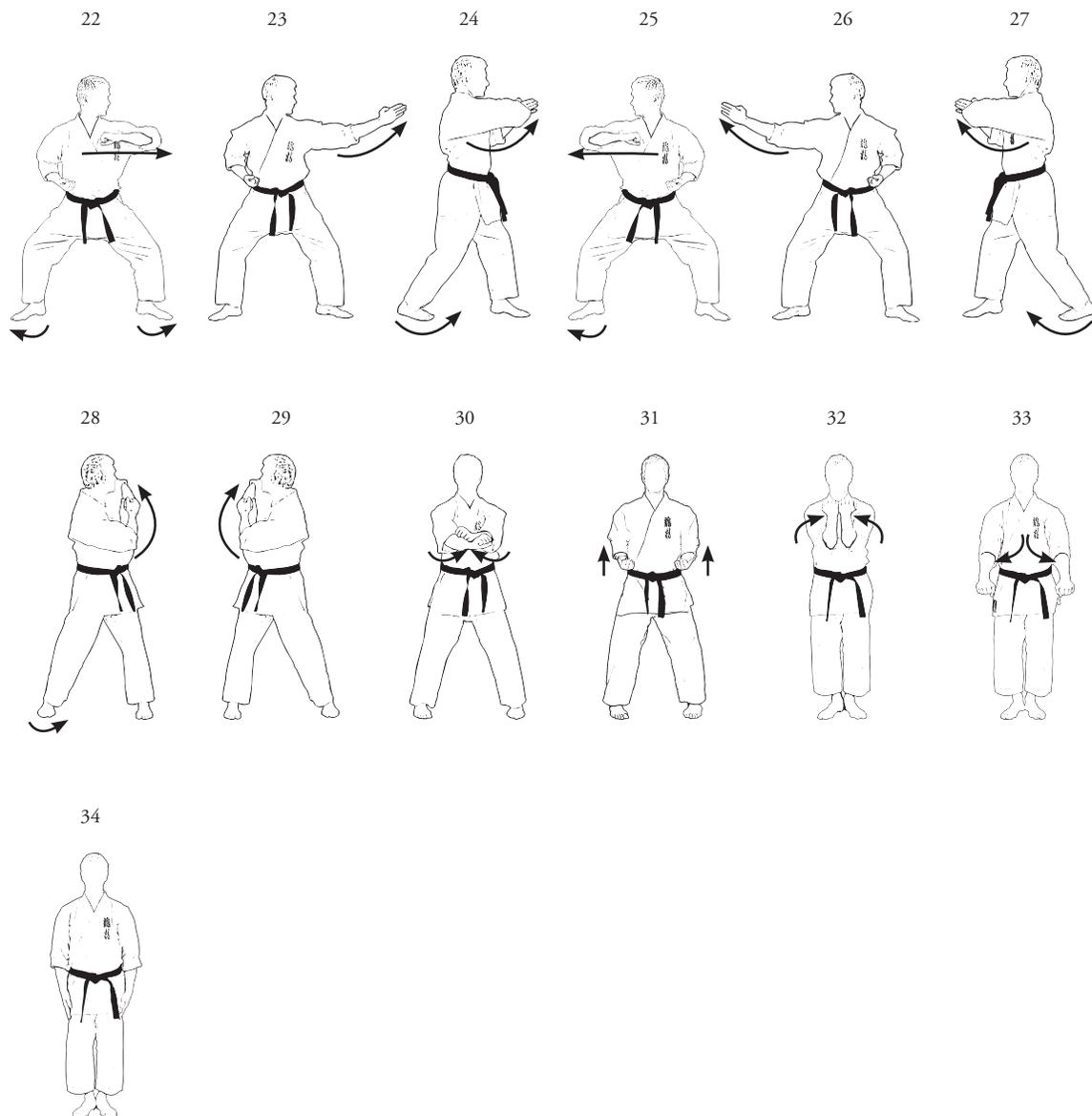
1. Yoi. **2-5.** Walking forward in hangetsu-dachi, jodan oi-zuki. **6-9.** Walking backward in hangetsu-dachi, jodan-uke (high blocks). **10-13.** Walking forward in hangestu-dachi, chudan oi-zuki. **14-17.** Walking backward in hangetsu-dachi, uchi-uke (inside blocks). **18-21.** Walking forward, gedan shiko-zuki (low punches in shiko-dachi). **22-25.** Walking backward in shiko-dachi, gedan-barai (lower block). **26-27.** Yame.

Ni-ju-shichi-ko



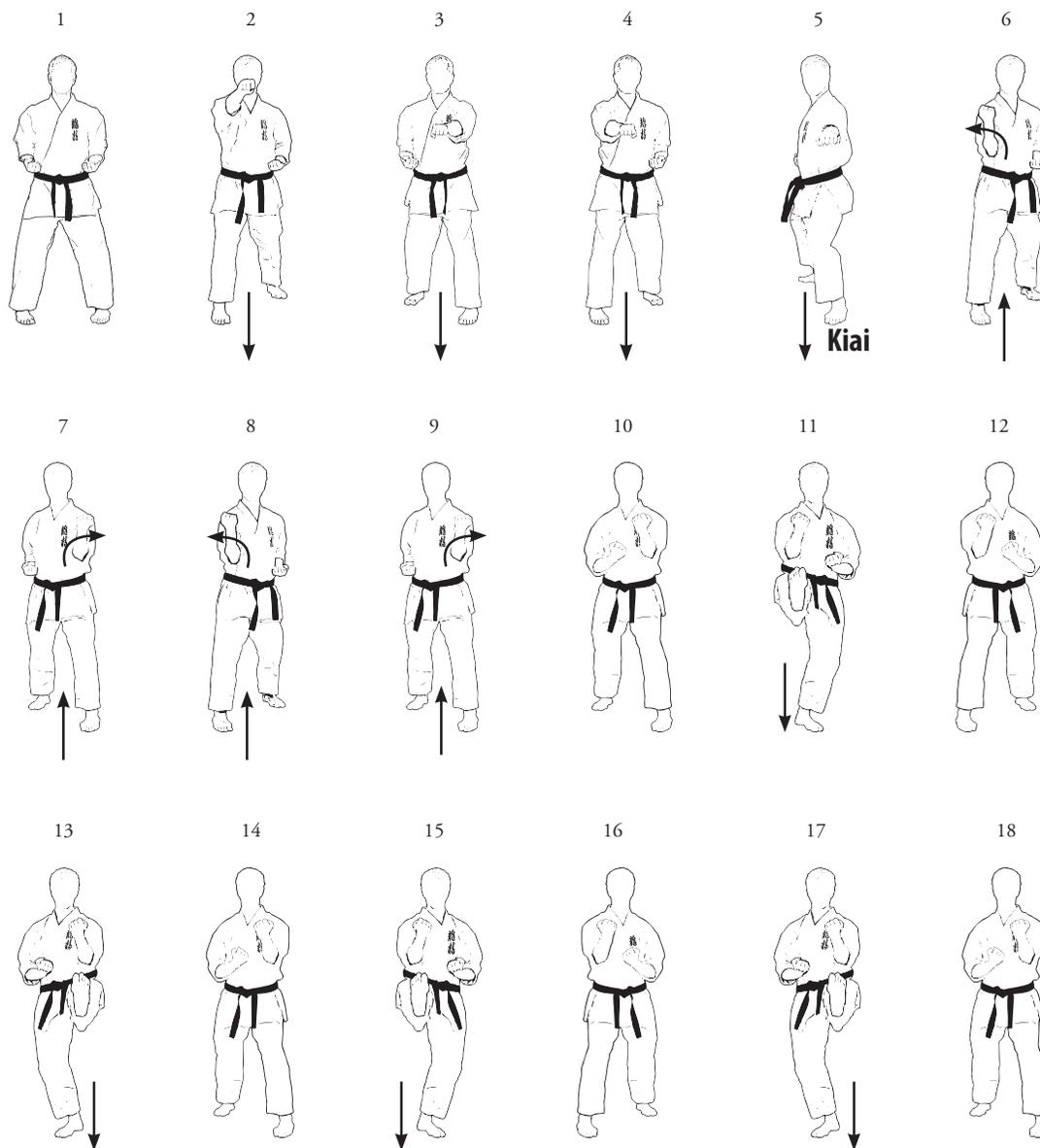
- 1.** Yoi. **2-3.** Jodan-uke (L, R). **4-5.** Soto-uke (L, R). **6-7.** Uchi-uke (L, R). **8-9.** Gedan-barai (L, R). **10-11.** Chudan-tsuki (L, R). **12-13.** Kage-zuki (shadow or hook punch) (L, R). **14-15.** Jodan ushiro mawashi-zuki (high, rear roundhouse punch) (L, R). **16-17.** Tate-empi-uchi (uppercut elbow strike) (L, R). **18-19.** Shutō-uke (knife-hand block) (L, R). **20-21.** Shōtei-uchi (palm-heel strike) (L, R).

Ni-ju-shichi-ko



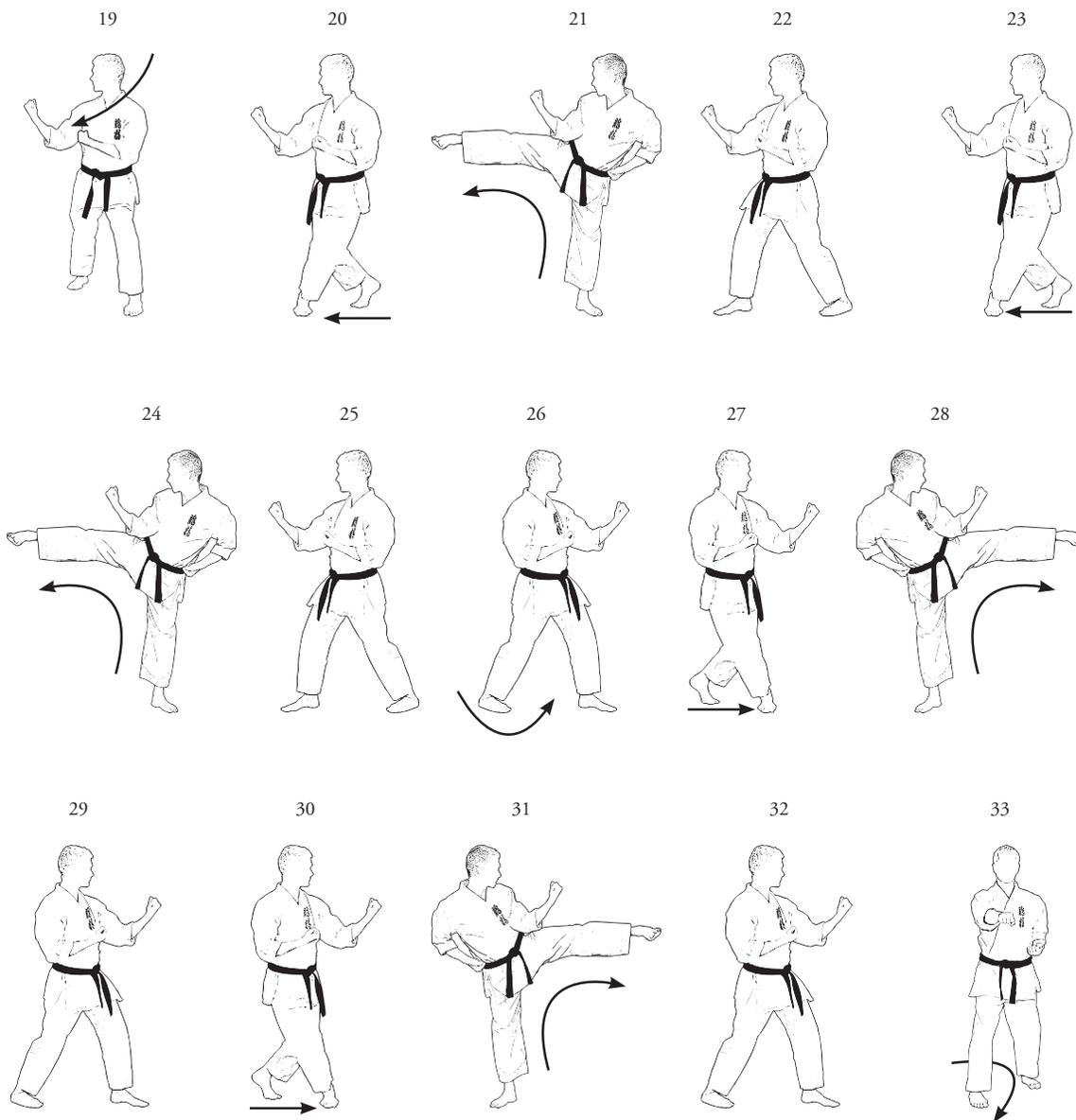
22. To left, shiko-dachi, yoko-empi-uchi (side elbow strike) (L). **23-24.** Turn into hangetsu-dachi (L) and mawashi-empi (roundhouse elbow strike) (R). **25.** Turn to right, shiko-dachi, yoko-empi (R). **26-27.** Turn into hangetsu-dachi (R) and mawashi-empi (L). **28-29.** Jodan ushiro mawashi-empi-uchi (high, rear roundhouse elbow strike) (L, R). **30-31.** Ryote-ushiro-empi (Double backward elbow strike). **32-34.** Yame.

Renho Shodan



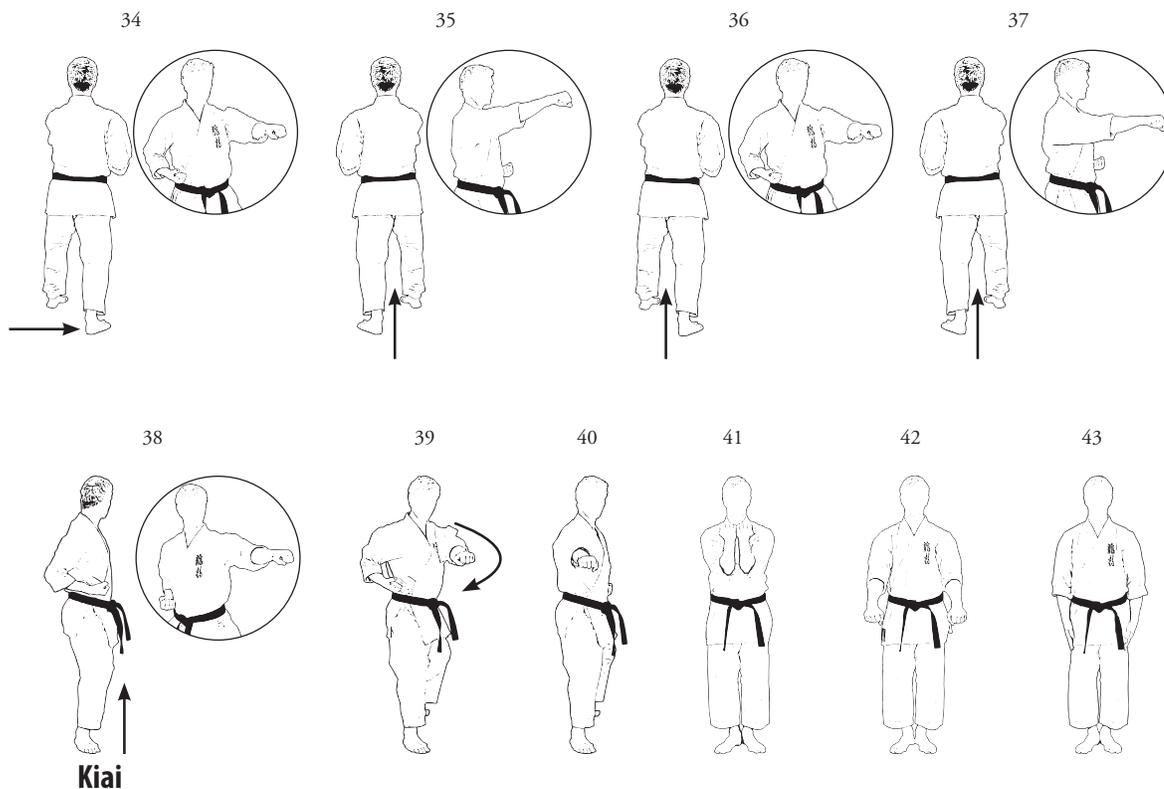
1. Yoi. **2.** Forward, jodan oi-zuki (R). **3.** Chudan oi-zuki (L). **4.** Chudan oi-zuki (R). **5.** Shiko-zuki (L) (kiai).
6. Backward, hangetsu-dachi, soto-uke (R) (slowly). **7.** Soto-uke (L). **8.** Soto-uke (R). **9.** Soto-uke (L).
10. Chudan kamae. **11-12.** Forward, mae-geri (R). **13-14.** Mae-geri (L). **15-16.** Mae-geri (R). **17-18.** Mae-geri (L).

Renho Shodan



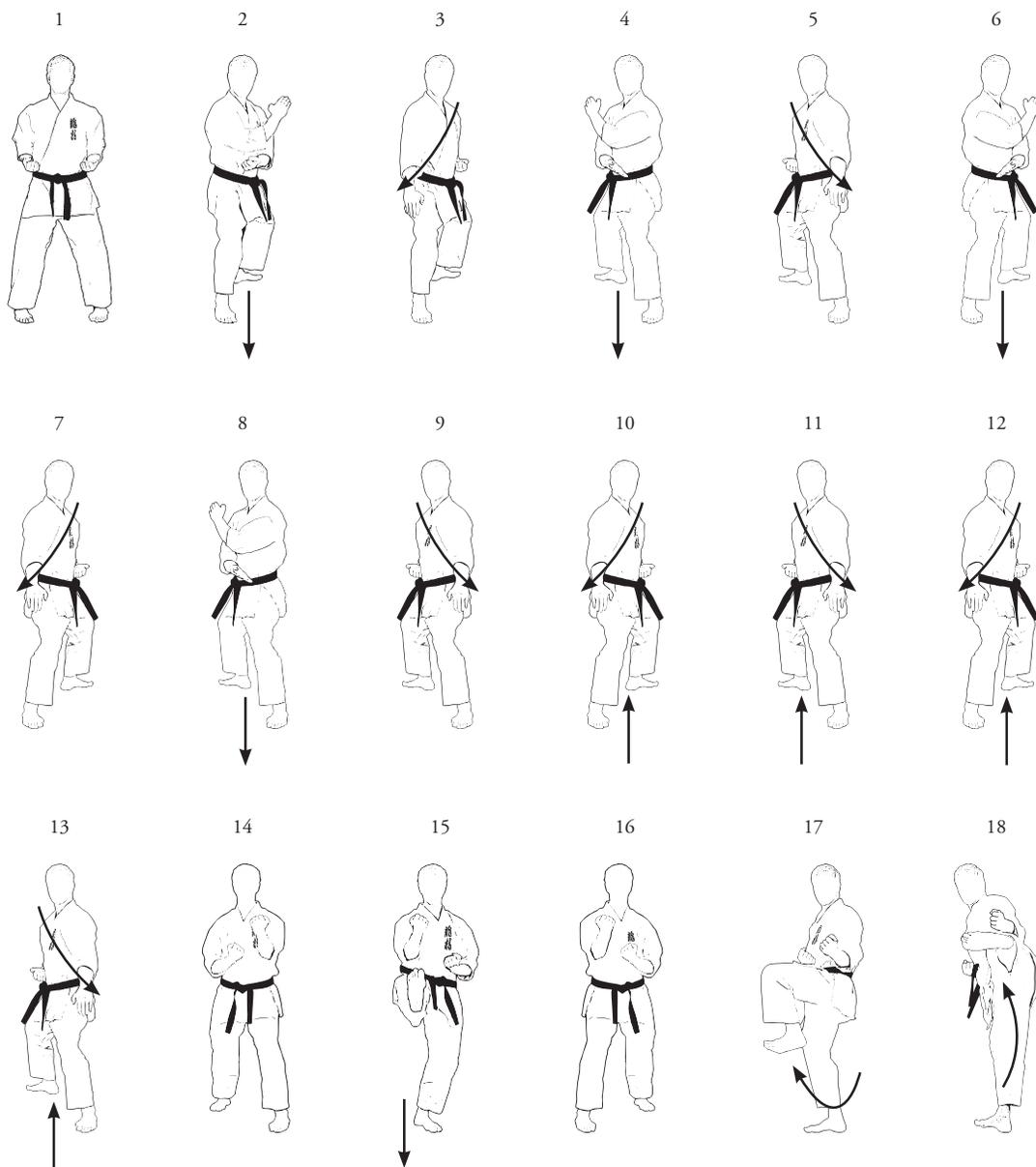
19. Face to right, chudan kamae. **20-22.** Cross step yoko-geri (R). **23-25.** Cross step yoko-geri (R).
26. Face opposite direction, to left. **27-29.** Cross step yoko-geri (L). **30-32.** Cross step yoko-geri (L).
33. Turn to front and oi-zuki (R).

Renho Shodan



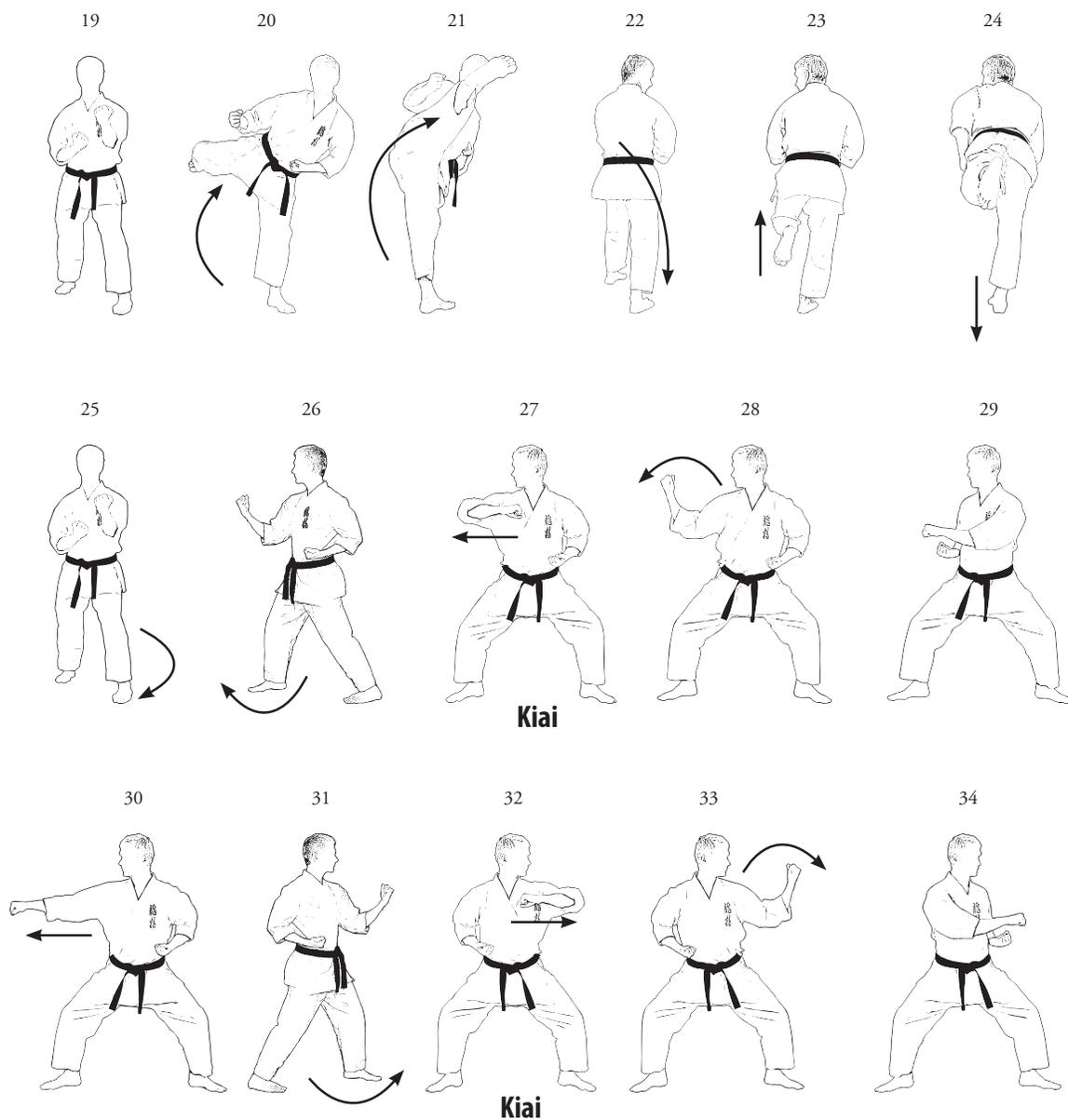
34. Tsuki-kaeshi (turning punch) to rear (L). **35.** Step forward, jodan oi-zuki (R). **36.** Chudan oi-zuki (L).
37. Chudan oi-zuki (R). **38.** Shiko-zuki (L) (kiai!). **39-40.** Tsuki-kaeshi to front in shiko-dachi (R). **41-43.** Yame.

Renho Nidan



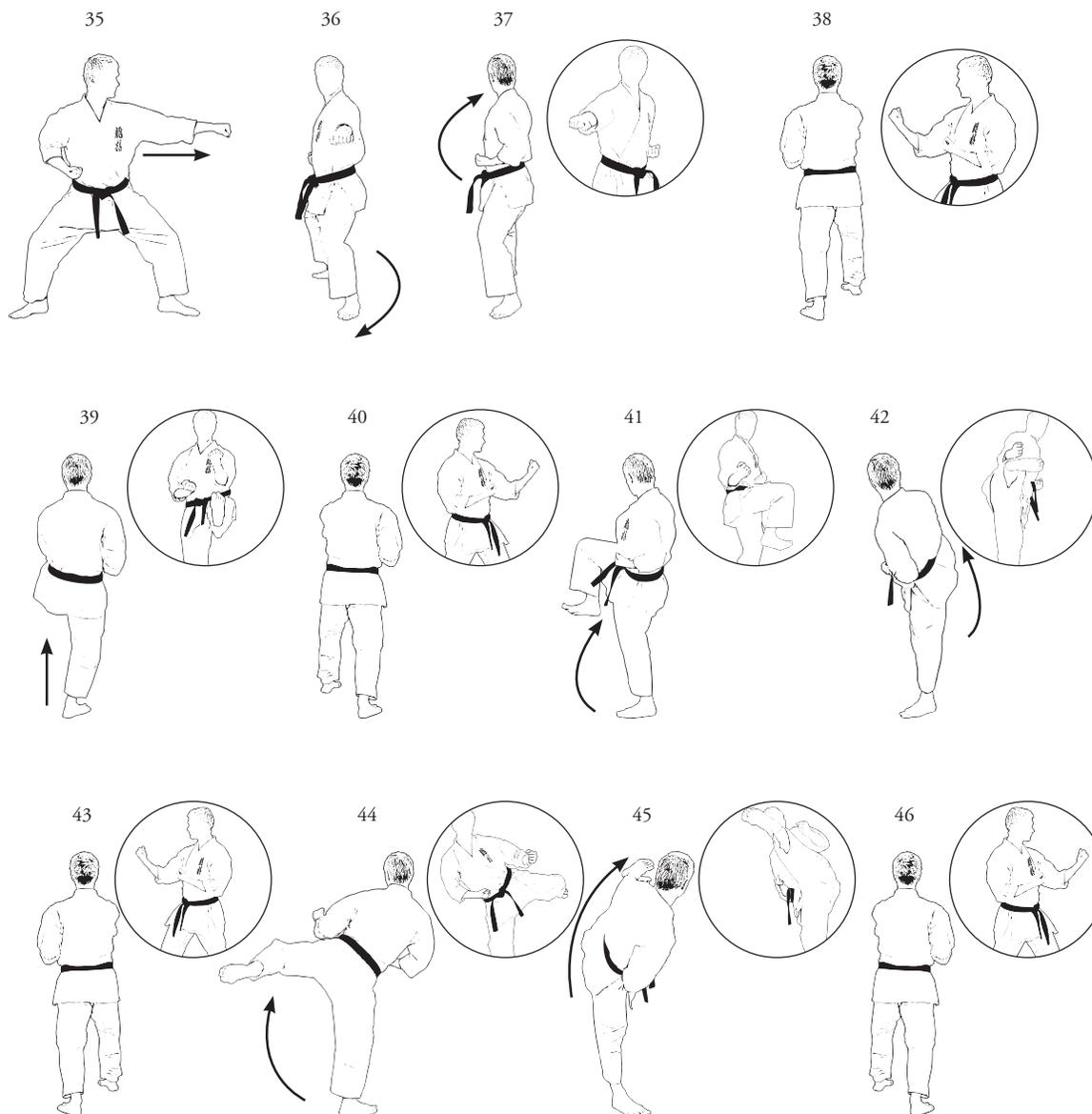
1. Yoi. **2-3.** Forward, shiko-dachi and shutō-gedan-kamae (lower knife-hand ready position) (R) (slowly). **4-5.** Shutō-gedan-kamae (L). **6-7.** Shutō-gedan-kamae (R). **8-9.** Shutō-gedan-kamae (L). **10.** Backward, shiko-dachi and shutō-gedan-barai (lower knife-hand block) (R) (quickly). **11.** Shutō-gedan-barai (L). **12.** Shutō-gedan-barai (R). **13.** Shutō-gedan-barai (L). **14.** Chudan-kamae in hangestu-dachi (L). **15-16.** Forward, mae-geri (R). **17-19.** Yoko-geri (L).

Renho Nidan



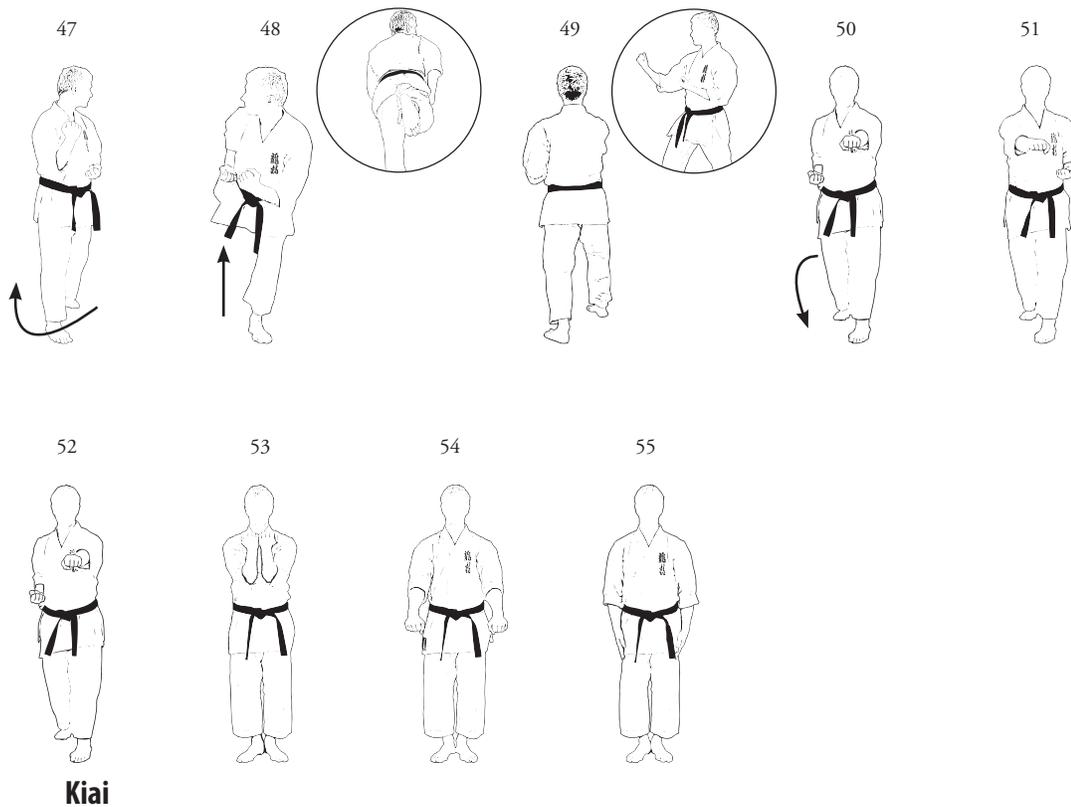
20-21. Mawashi-geri (roundhouse kick) (R). **22-24.** Ushiro-mawashi-geri (spinning back kick) (L). **25.** Chudan-kamae (L). **26.** Turn to right, uchi-uke (R). **27.** Shiko-dachi, yoko-empi (R) (kiai!). **28.** Jodan uraken-uchi (high back-fist strike) (R). **29-30.** Shiko-zuki (R). **31.** Turn to left, hangetsu-dachi, uchi-uke (L). **32.** Shiko-dachi, yoko-empi (L) (kiai!). **33.** Jodan uraken-uchi (L). **34-35.** Shiko-zuki (L).

Renho Nidan



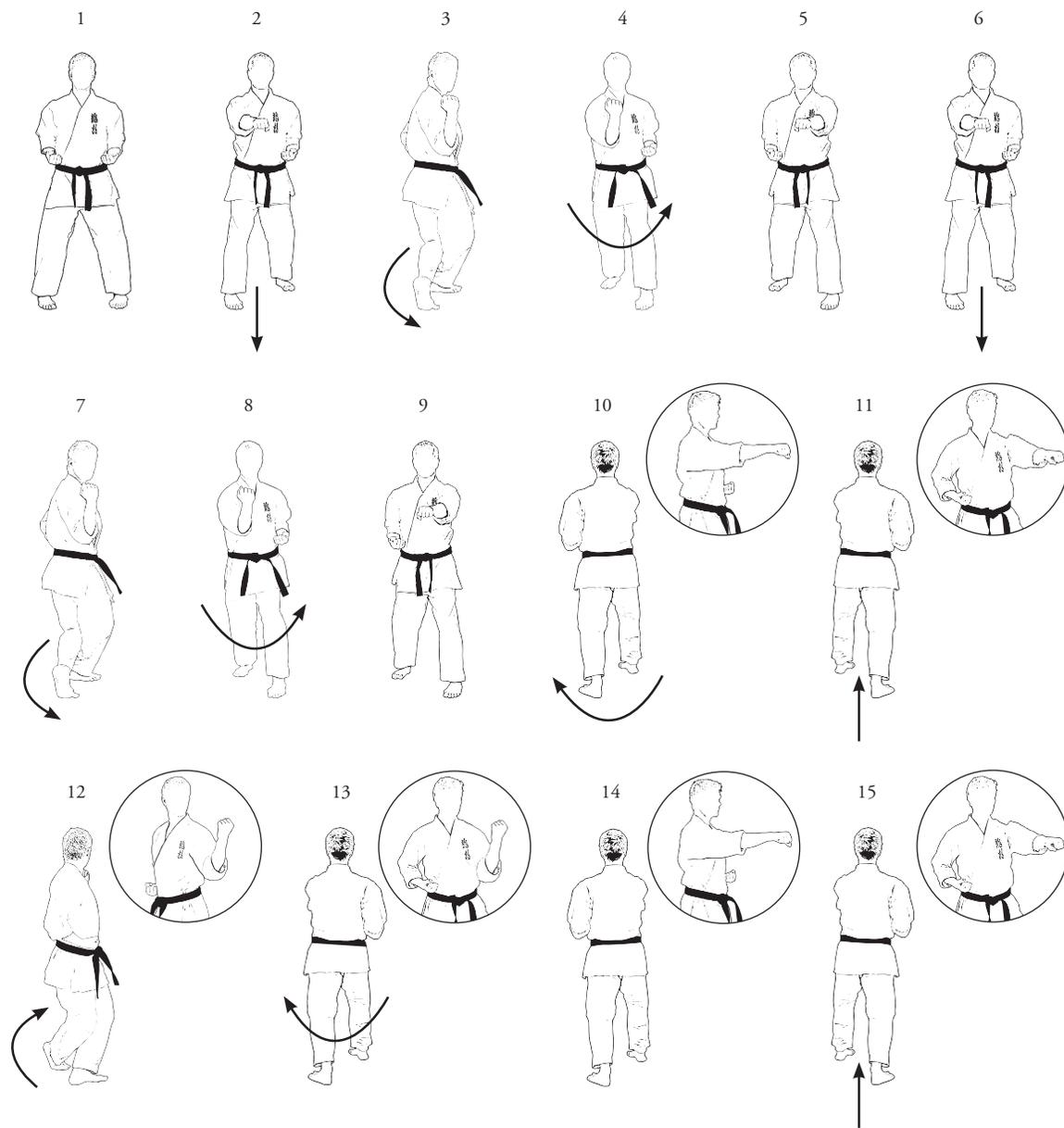
36. Step to front, shiko-zuki (L). **37.** Tsuki-kaeshi (turning punch) to rear (R). **38.** Hangetsu-dachi, chudan kamae (R).
39-40. Mae-geri (L). **41-43.** Yoko-geri (R). **44-46.** Mawashi-geri (L).

Renho Nidan



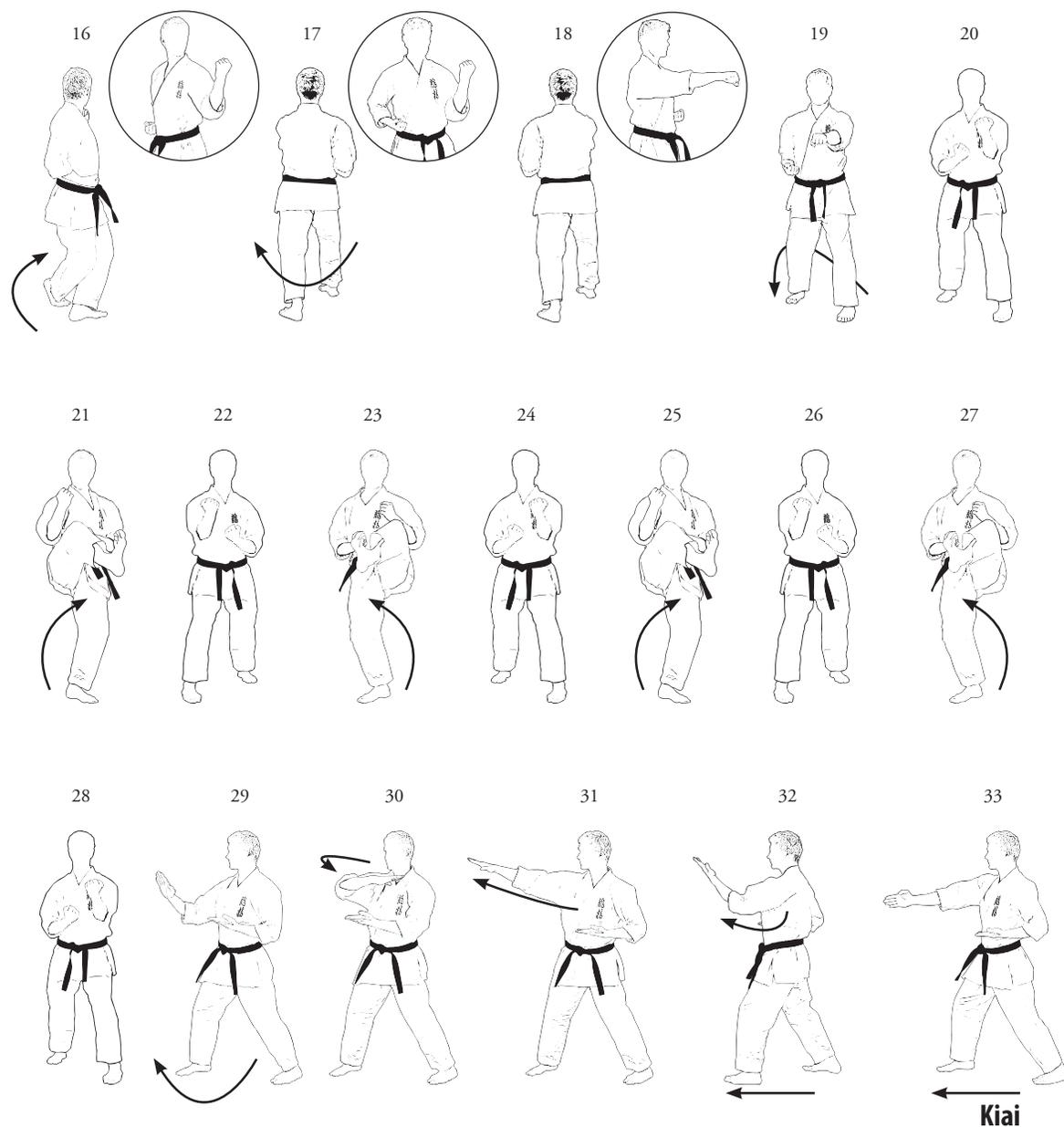
47-48. Ushiro-mawashi-geri (R) **49.** Chudan kamae (R). **50.** Tsuki-kaeshi to front (L). **51-52.** Two chudan-tsuki (R, L) (kiai!).
53-55. Yame.

Renho Sandan



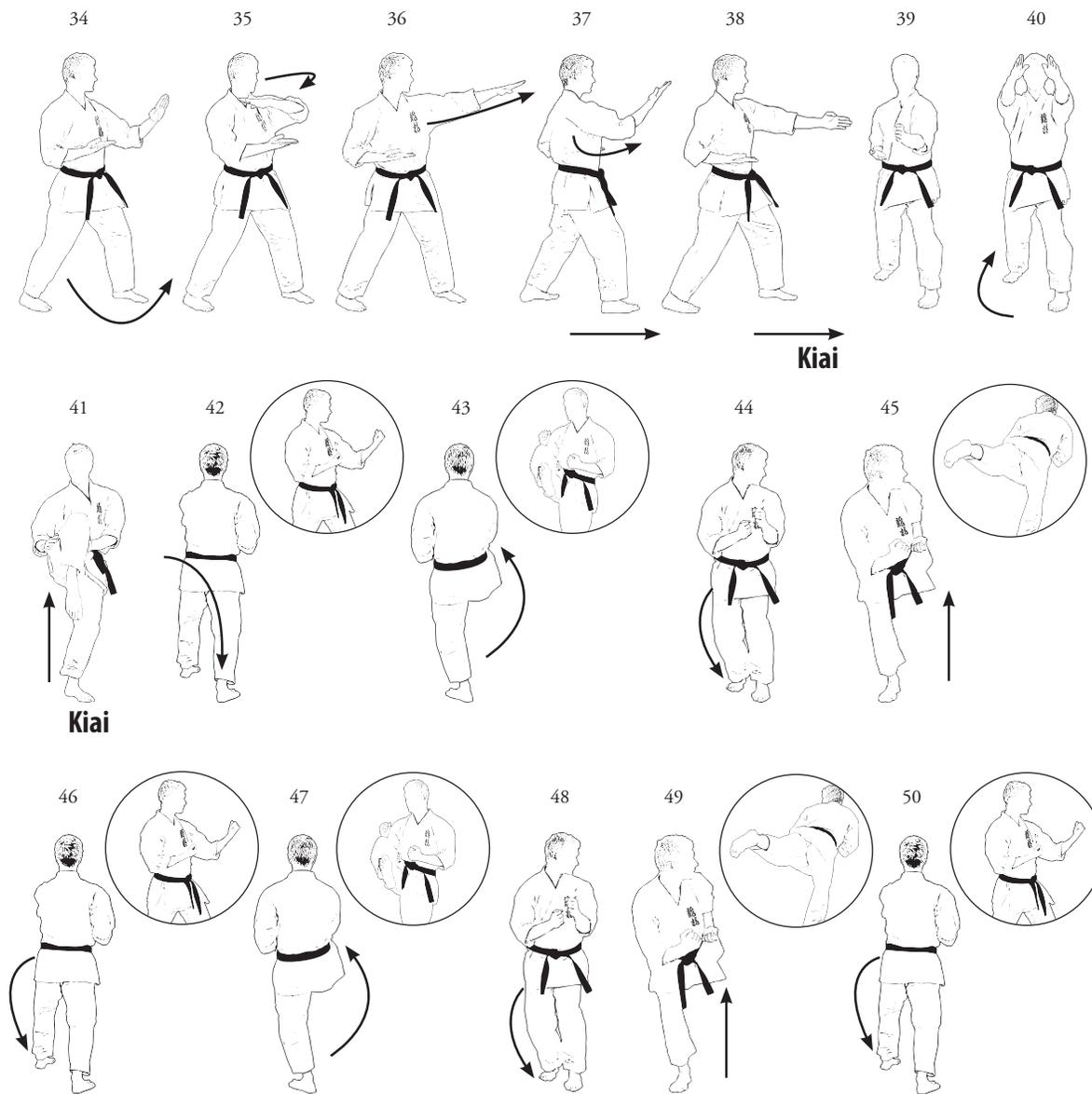
- 1.**Yoi. **2.** Forward, chudan oi-zuki (R). **3-5.** Rinten-zuki (360° turning punch) (L). **6.** Chudan oi-zuki (R). **7-9.** Rinten-zuki (L). **10.** Tsuki-kaeshi to rear (R). **11.** Chudan oi-zuki (L). **12-14.** Rinten-zuki (R). **15.** Chudan oi-zuki (L).

Renho Sandan



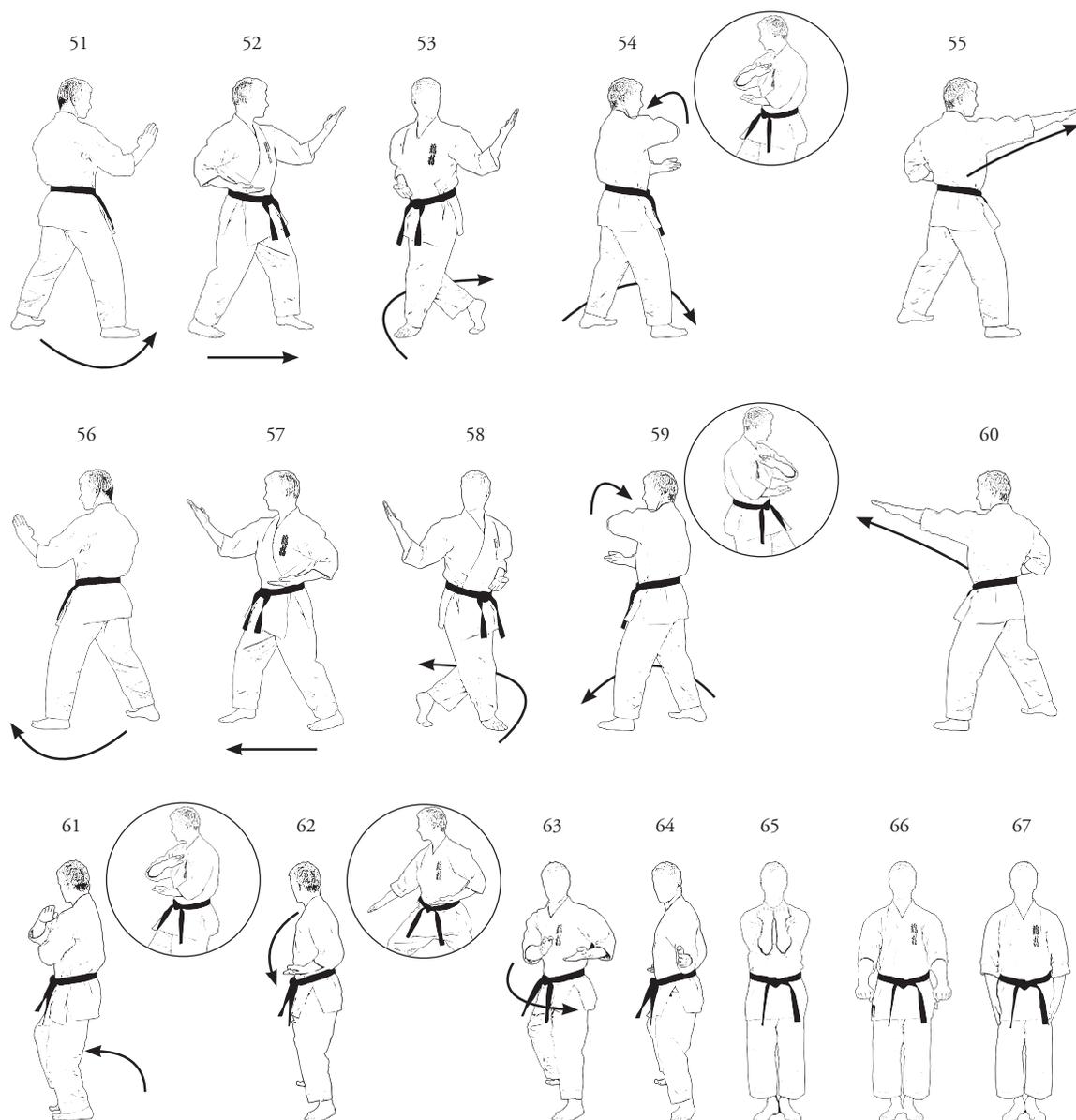
16-18. Rinten-zuki (R). **19.** Tsuki-kaeshi to front (L). **20.** Chudan kamae (L). **21-22.** Forward, mikazuki-geri (three-day moon kick) (R). **23-24.** Mikazuki-geri (L). **25-26.** Mikazuki-geri (R). **27-28.** Mikazuki-geri (L). **29.** Turn to right, shutō-uke (knife-hand block) (R). **30-31.** Shutō-uchi (knife-hand strike) (palm down) (R). **32.** Step forward and shutō-uchi (palm up) (L). **33.** step into chudan nukite (spear hand) (R) (kiai!).

Renho Sandan



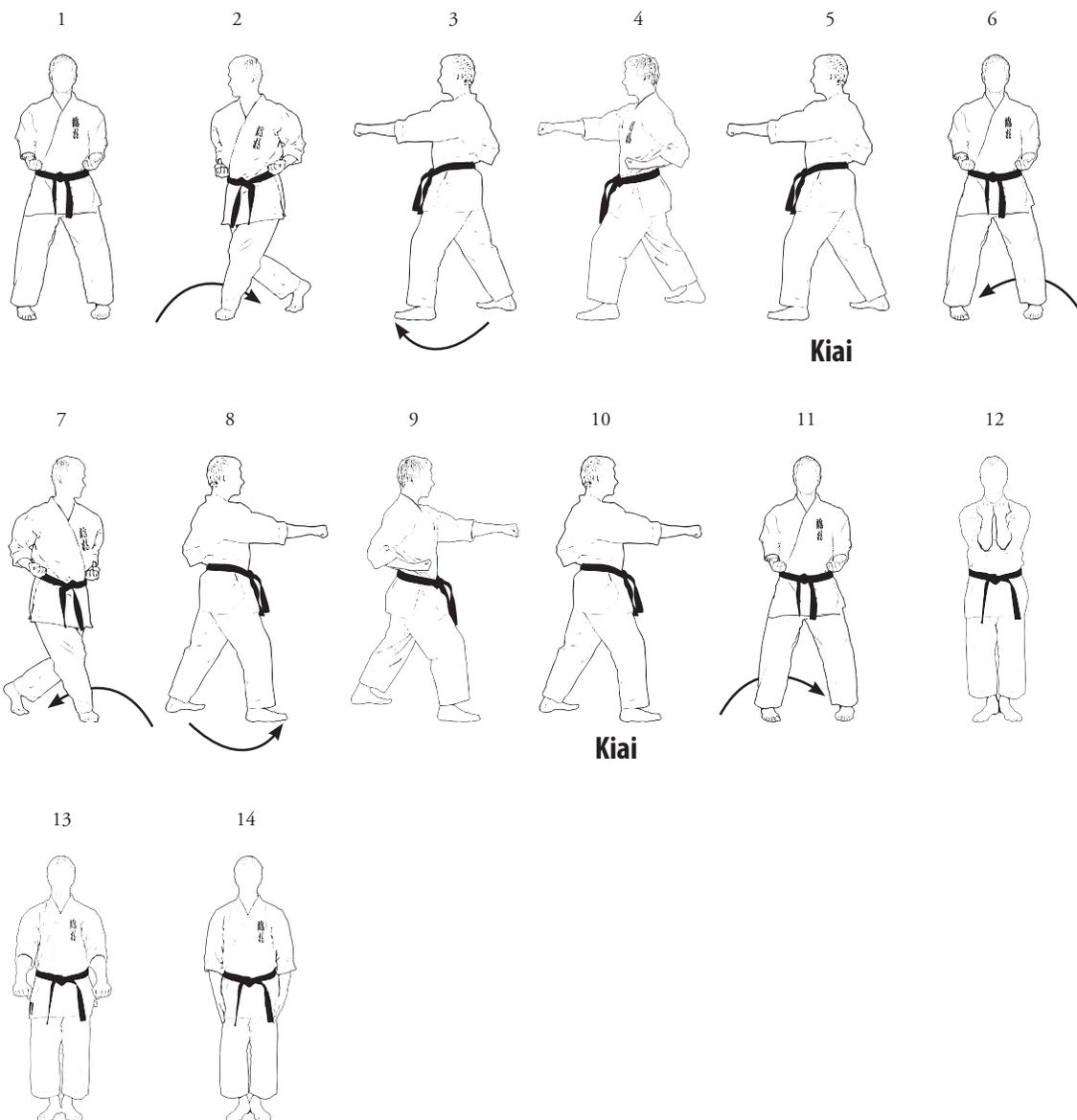
34. Turn 180° to left, shutō-uke (L). **35-36.** Shuto-uchi (palm down) (L). **37.** Step forward shuto-uchi (palm up) (R). **38.** Step into chudan nukite (L) (kiai!). **39-41.** Look to front and step back into haishu-uke (backhand block) (L). Grab high with two palms facing each other, hiza-geri (knee kick) (R) (kiai!). **42.** Pivot to face rear, chudan kamae (L). **43.** Forward, mikazuki-geri (R). **44-46.** Ushiro-mawashi-geri (L). **47.** Mikazuki-geri (R). **48-50.** Ushiro-mawashi-geri (L).

Renho Sandan



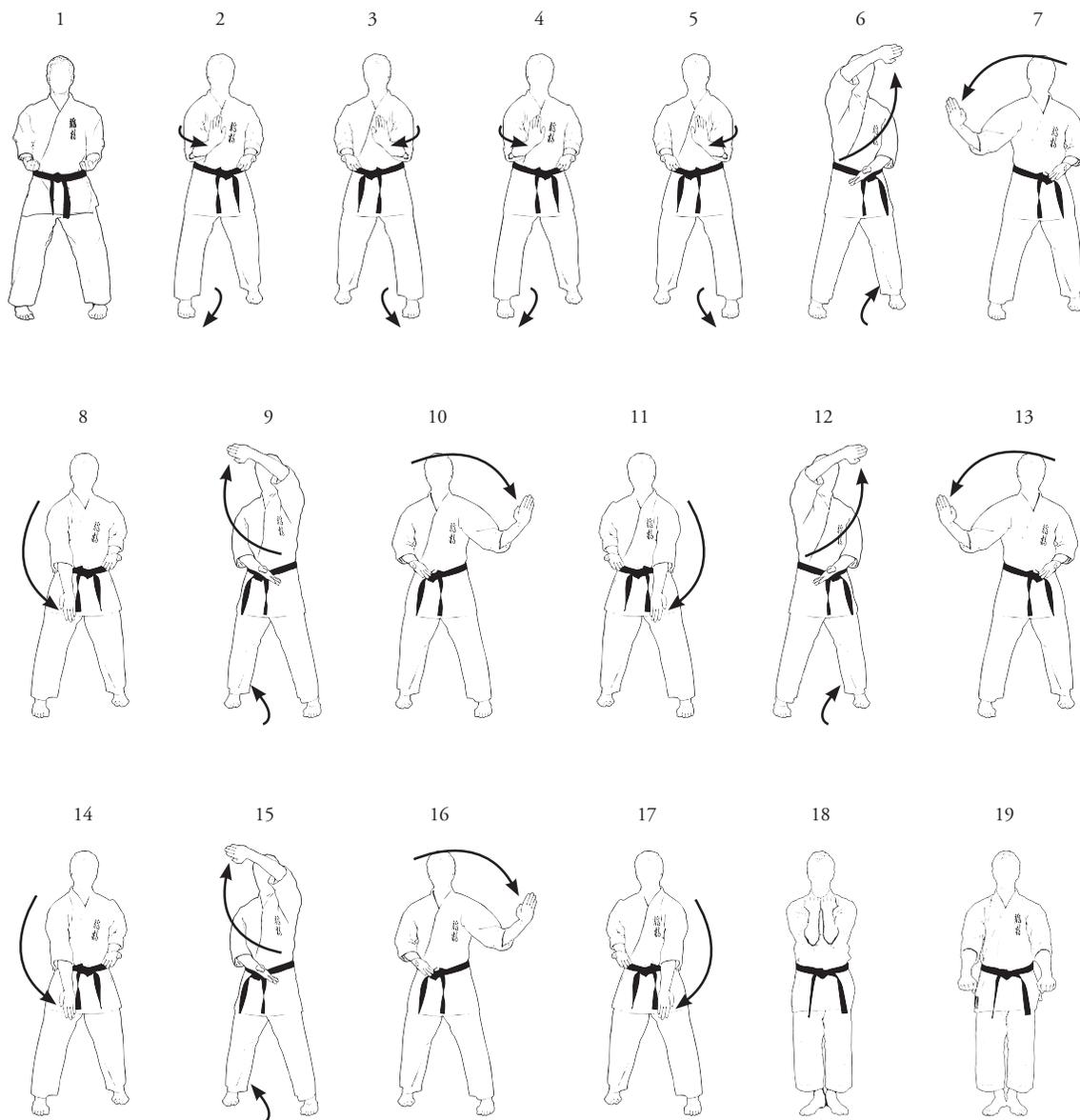
51. Step to right and shutō-uke (R). **52.** Step into shutō-uchi (L). **53-55.** Rinten, shutō-uchi (R). **56.** Turn 180° to left and shutō-uke (L). **57.** Step shutō-uchi (R). **58-60.** Rinten, shutō-uchi (L). **61-62.** Step to rear in shiko-dachi, shutō-gedan-barai (R). **63-64.** Turn to front in shiko-dachi, chudan nukite (L). **65-67.** Yame.

Seiken-no-Migi/Hidari



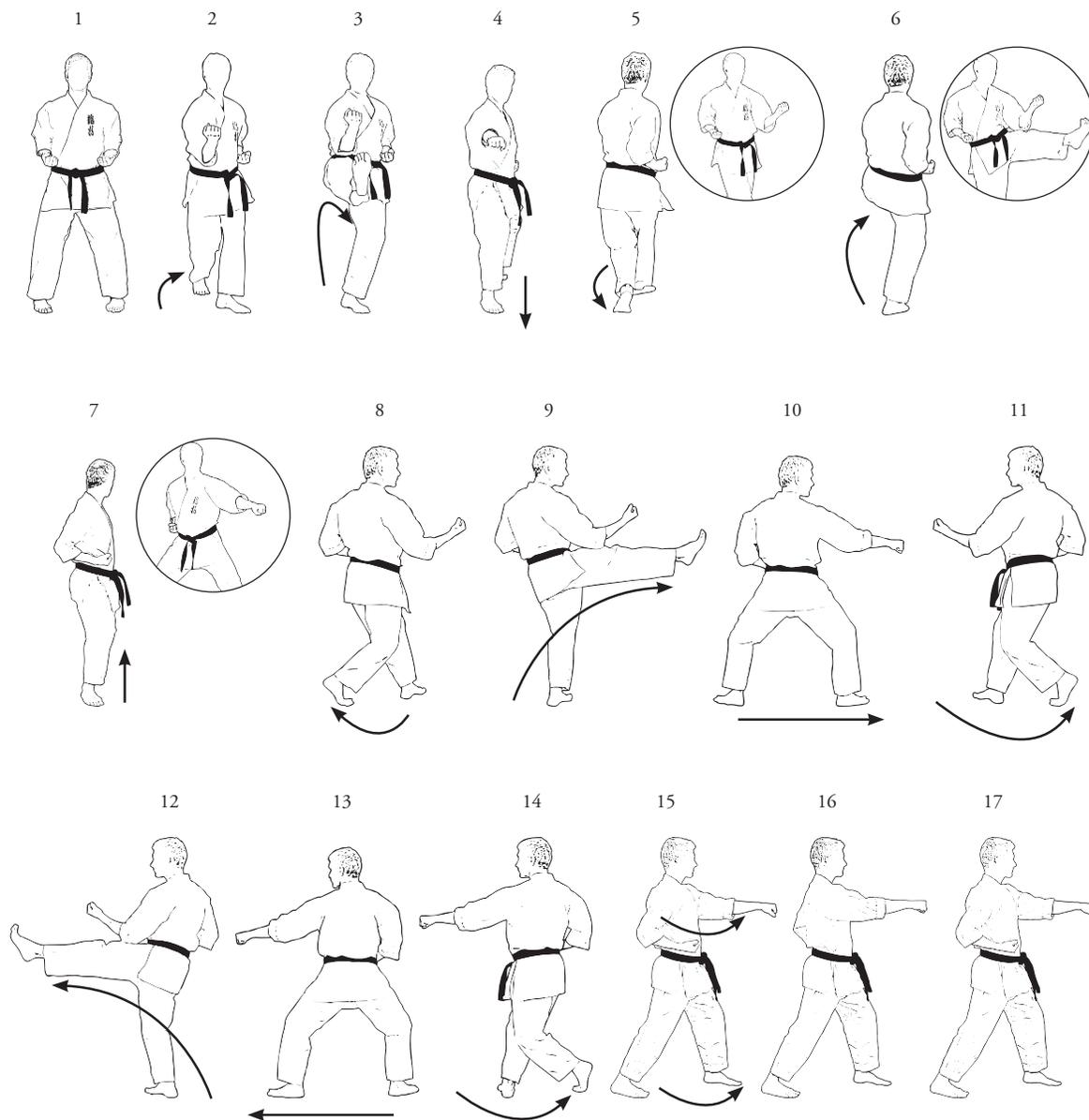
1.Yoi. **2-3.** Punch to right: Look to right and yose-ashi (draw right foot back), turning into hangetsu-dachi, chudan-tsuki (L). **4-5.** Two chudan-tsuki (R, L) (kiai!). **6.** Return to yoi position. **7-8.** Punch to left: Look to left and yose-ashi (draw left foot back), turning into hangetsu-dachi (R), chudan-tsuki (R). **9-10.** Two chudan-tsuki (L, R) (kiai!). **11.** Return to yoi. **12-14.** Yame.

Shime-no-kata



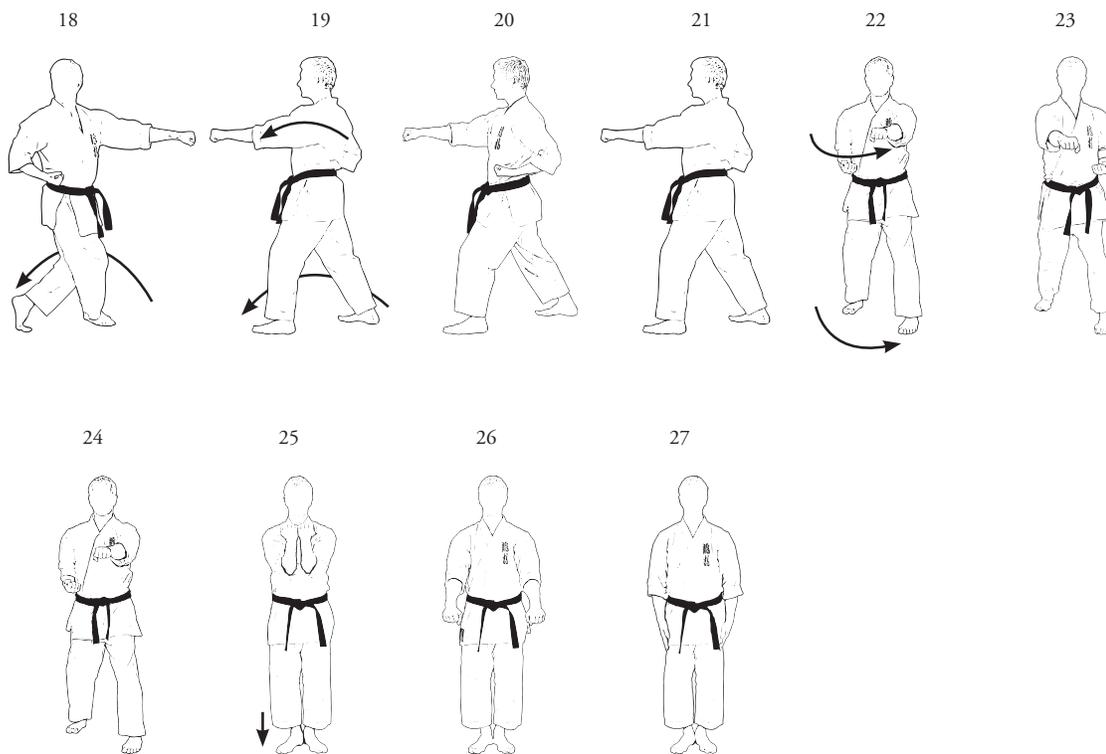
1. Yoi. **2-5.** Stepping forward in sanchin-dachi (hour-glass stance), shōtei (palm-heel block or strike).
6-17. Stepping backward in sanchin-dachi, mawashi-uke (roundhouse block). **18-19.** Yame.

Shihōwari



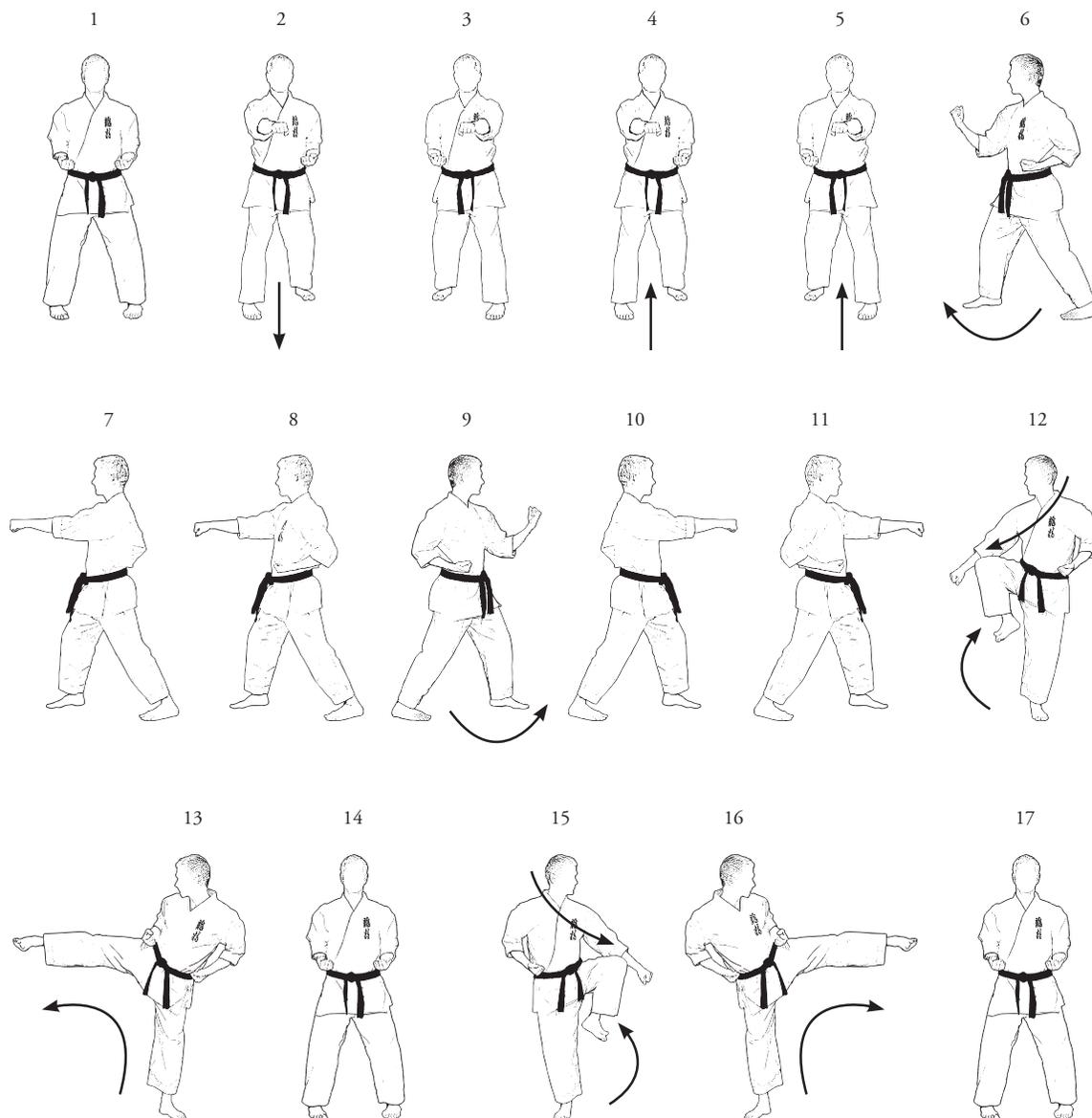
- 1.** Yoi. **2.** Yose-ashi (draw foot back into cross-legged stance) and chudan uraken-uke (middle backfist block) (R). **3-4.** Mae-geri and land forward in shiko-zuki (R). **5.** Turning to the rear, yose-ashi (left foot back), chudan uraken-uke (L). **6-7.** Mae-geri, shiko-zuki. (L) **8.** Turning to the right, yose-ashi (right foot back) chudan uraken-uke (R). **9-10.** Mae-geri, shiko-zuki (R). **11.** Turning 180° to the left, yose-ashi (left foot back) and chudan uraken-uke (L). **12-13.** Mae-geri, shiko-zuki (L). **14-15.** Pivot 180° to left in hangetsu-dachi, kentsui-uchi (iron hammer-fist strike) (L). **16-17.** Two chudan-tsuki (R, L).

Shihōwari



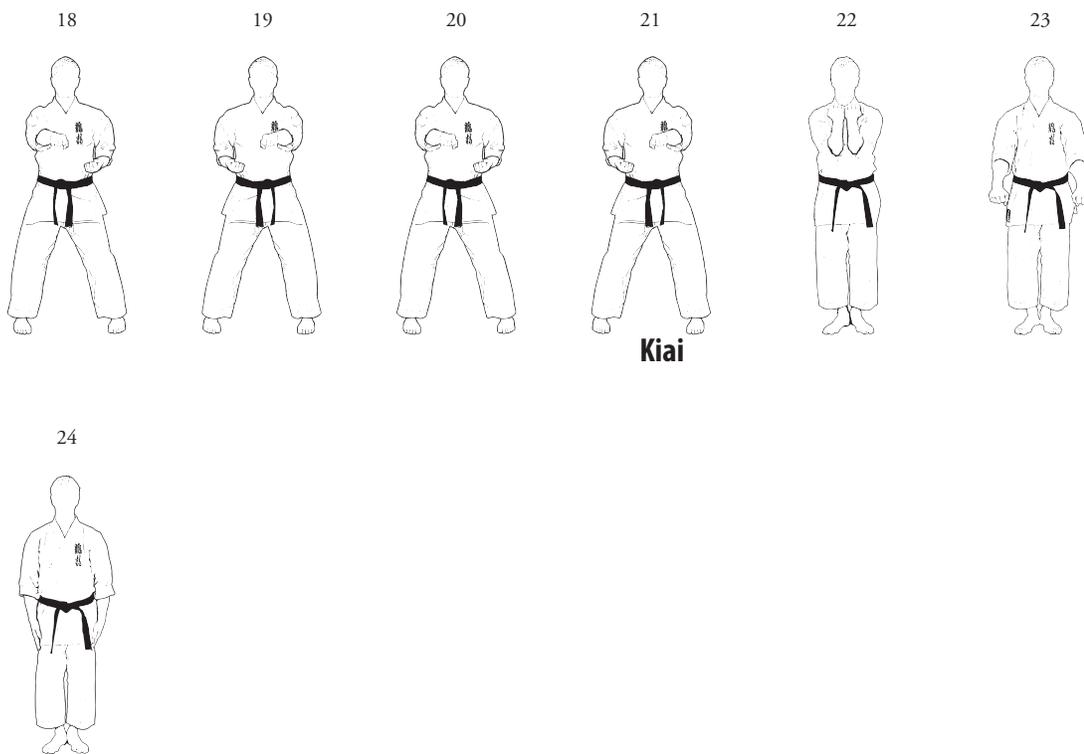
18-19. Turn 180° to left, kentsui-uchi (L). **20-21.** Two chudan-tsuki (R, L). **22.** Turn to front, kentsui-uchi (L). **23-24.** Two chudan-tsuki (R, L). **25-27.** Yame.

Zenshinkōtai



1. Yoi. **2.** Chudan oi-zuki (middle lunge punch) (R). **3.** Chudan oi-zuki (L). **4.** Chudan sagari-zuki (stepping-back punch) (R). **5.** Chudan sagari-zuki (L). **6.** Turn to right, soto-uke (R). **7-8.** Two chudan-tsuki (L, R). **9.** Turn to left, soto-uke (L). **10-11.** Two chudan-tsuki (R, L). **12.** Sagiashi-dachi (one-legged stance), gedan-barai (R) **13-14.** Pull right hand to hip, yoko-geri (R). Land in uchi-hachiji-dachi. **15.** Sagiashi-dachi, gedan-barai (L). **16-17.** Pull left hand to hip, yoko-geri (L). Land in uchi-hachiji-dachi.

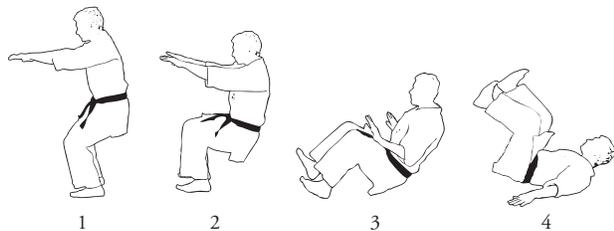
Zenshinkōtai



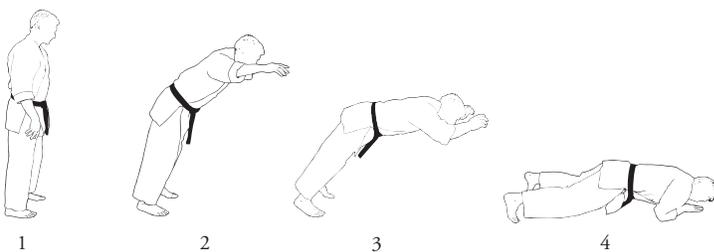
18. Chudan-tsuki (R). **19-21.** Sanren-zuki (triple punch: L, R, L) (kiai!). **22-24** Yame.

Ukemi Waza

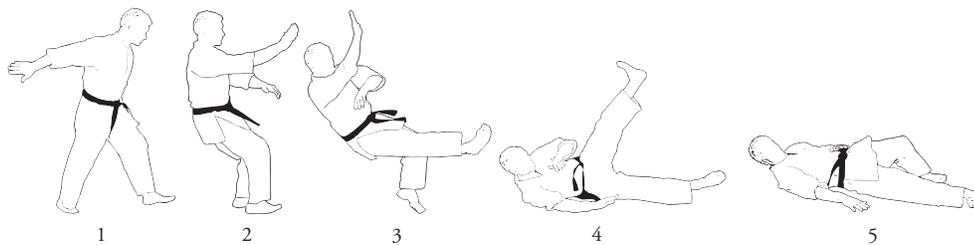
Ushiro Ukemi (back breakfall)



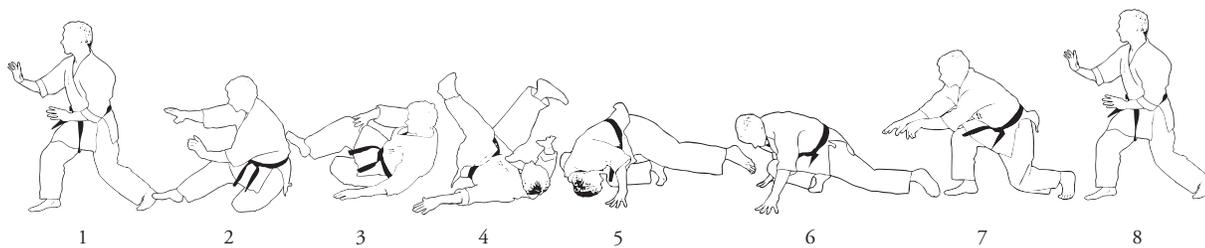
Mae Ukemi (front breakfall)



Yoko Ukemi (side breakfall)

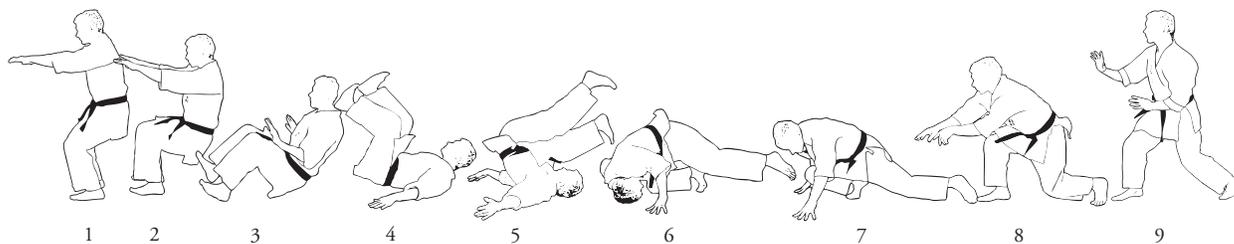


Ushiro Mawari Ukemi I (rolling back breakfall I)

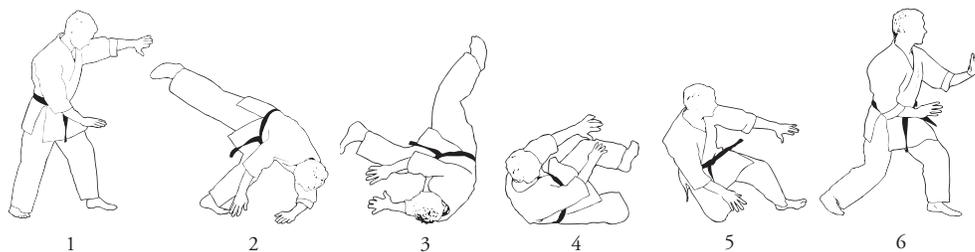


Ukemi Waza

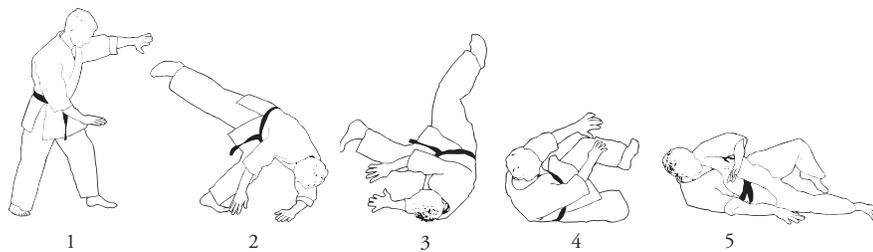
Ushiro Mawari Ukemi II (rolling back breakfall II)

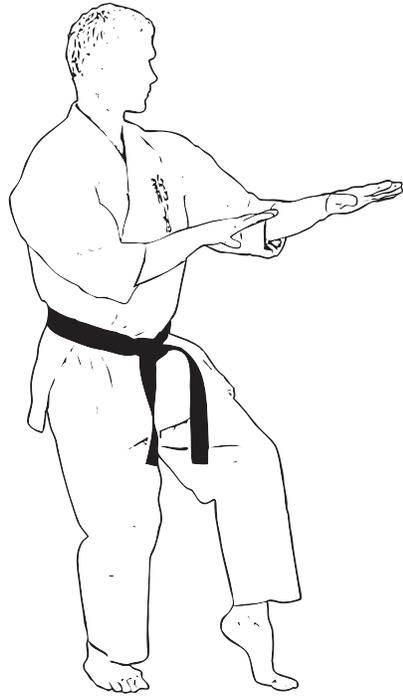


Mae Mawari Ukemi I (rolling front breakfall I)



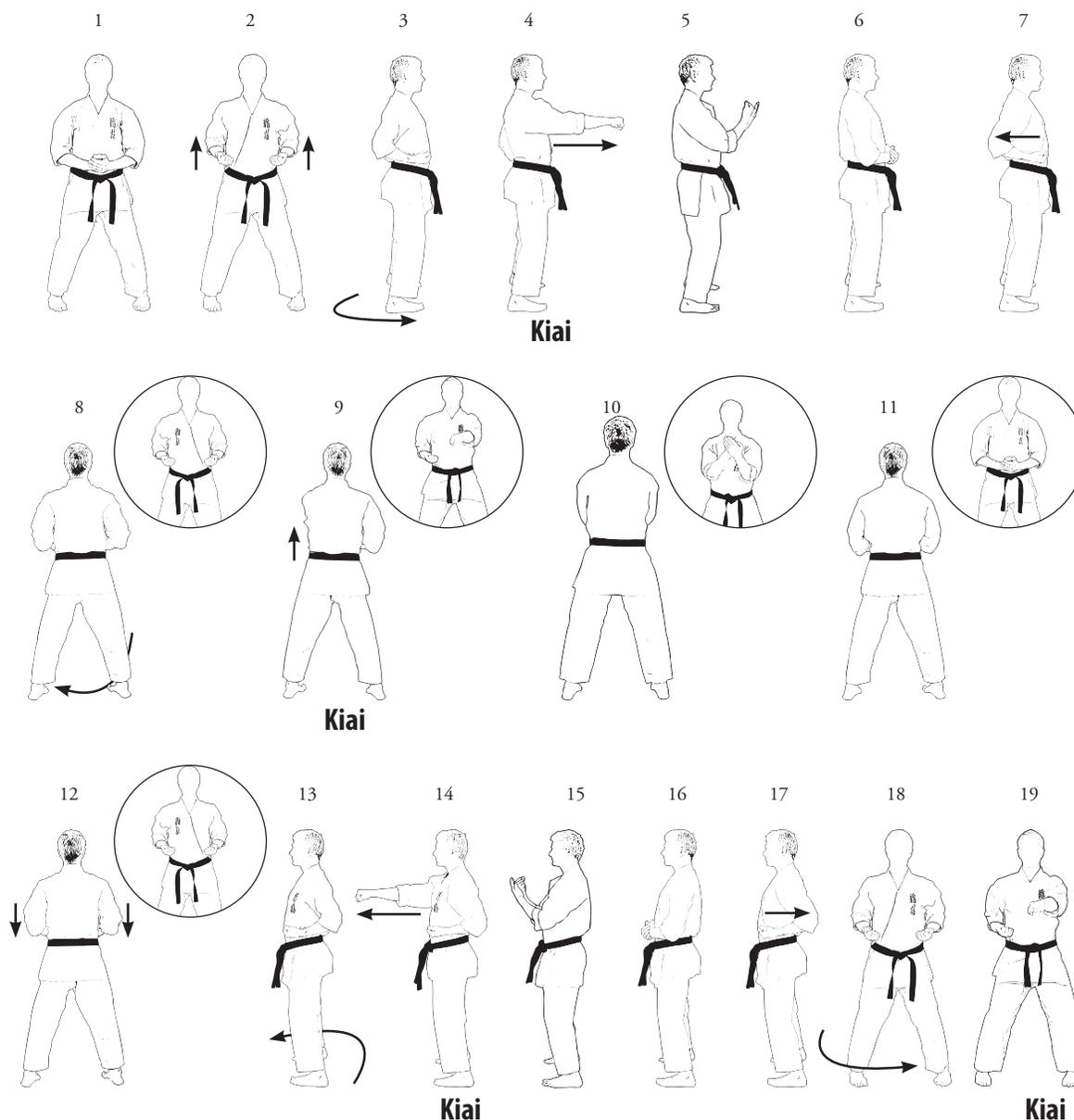
Mae Mawari Ukemi II (rolling front breakfall II)





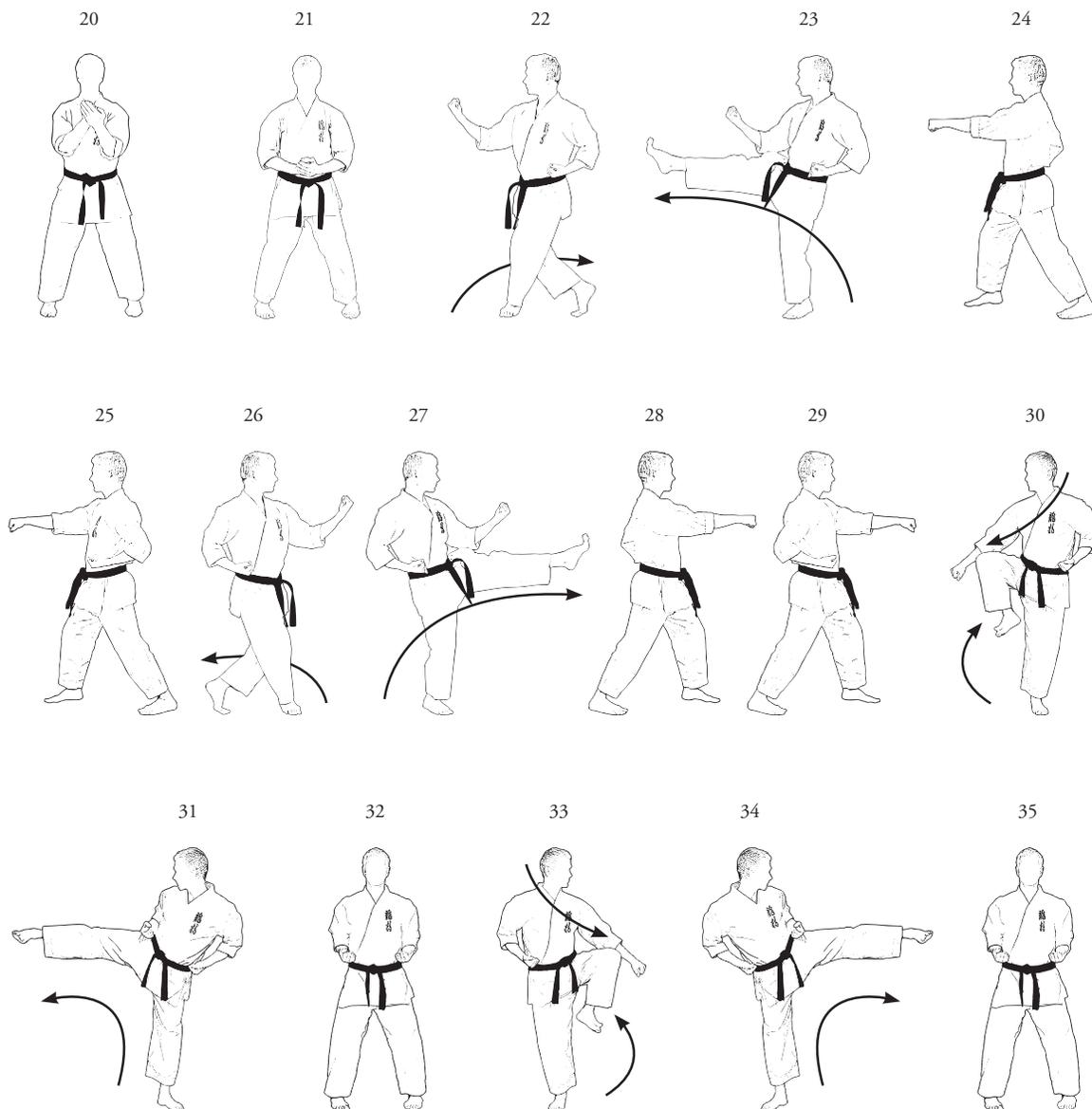
Kata Illustrations

Shihōhai



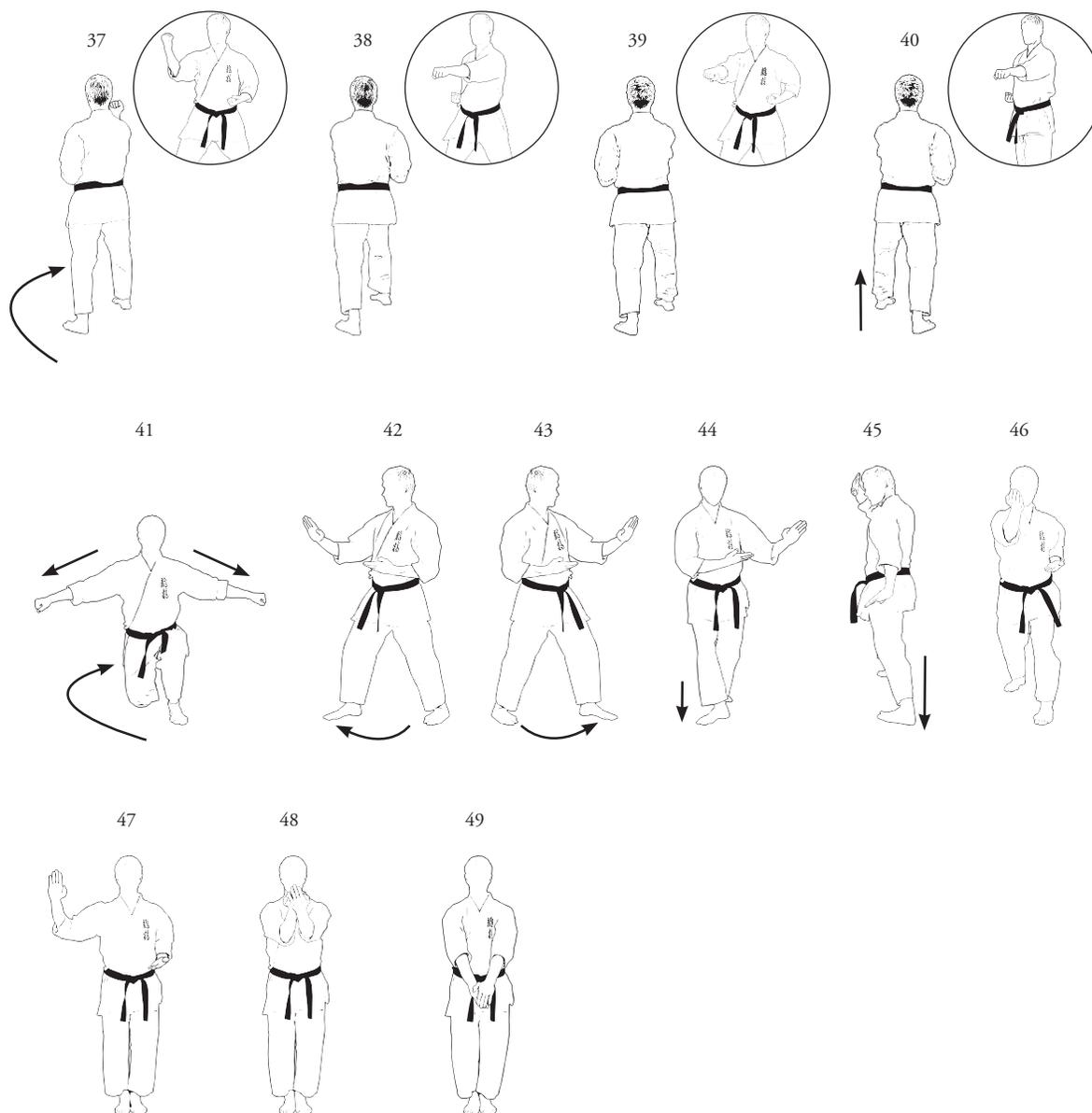
1. Yoi. **2-4.** Pull your hands to your hips. Step forward with your right foot so you face 90° to your left, in uchi-hachji-dachi, chudan-tsuki (R) (kiai!). **5-6.** Move hands back into yoi. **7-9.** Pull your hands back to your hips, step backward with your left foot to face the rear, chudan-tsuki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



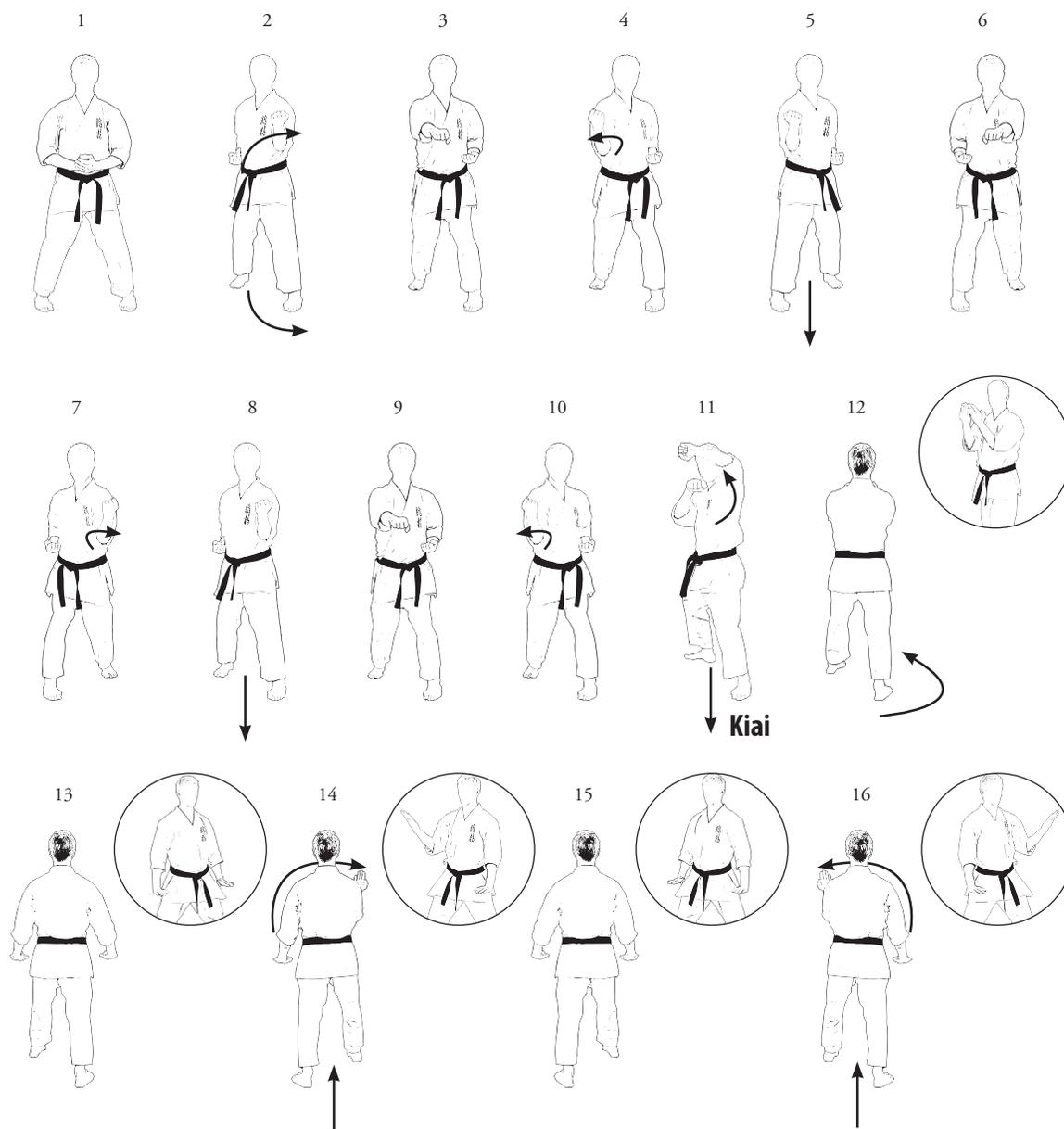
20-21. Move hands back into yoi. **22.** Look right, yoseashi (draw right foot back into a crossed stance), chudan uraken-uke (R). **23-25.** Mae-geri (R) and land forward in hangetsu-dachi (R), two chudan-tsuki (L, R). **26.** Yose-ashi (draw left foot back into crossed stance), facing 180° to your 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



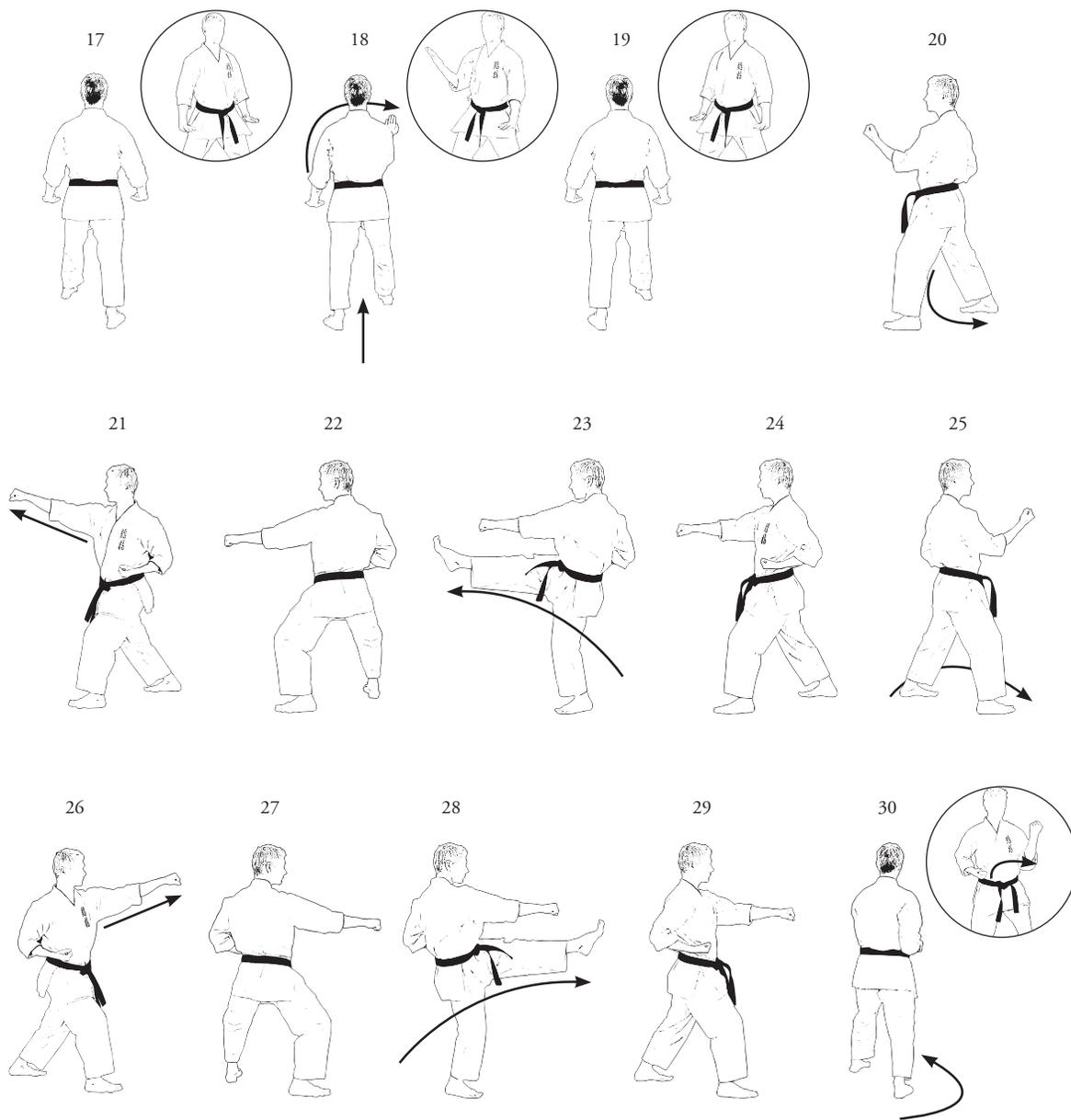
37. Step to the rear in hangetsu-dachi (R), jodan uraken-uchi (R) (kiai!). **38-39.** Two chudan tsuki (L, R). **40.** Chudan oi-zuki (L). **41.** Pivot on left foot to face front, orishiki (kneel down on one knee) and sayu-zuki (two-handed punch done out to the sides). **42.** Step to the right in hangetsu-dachi, 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



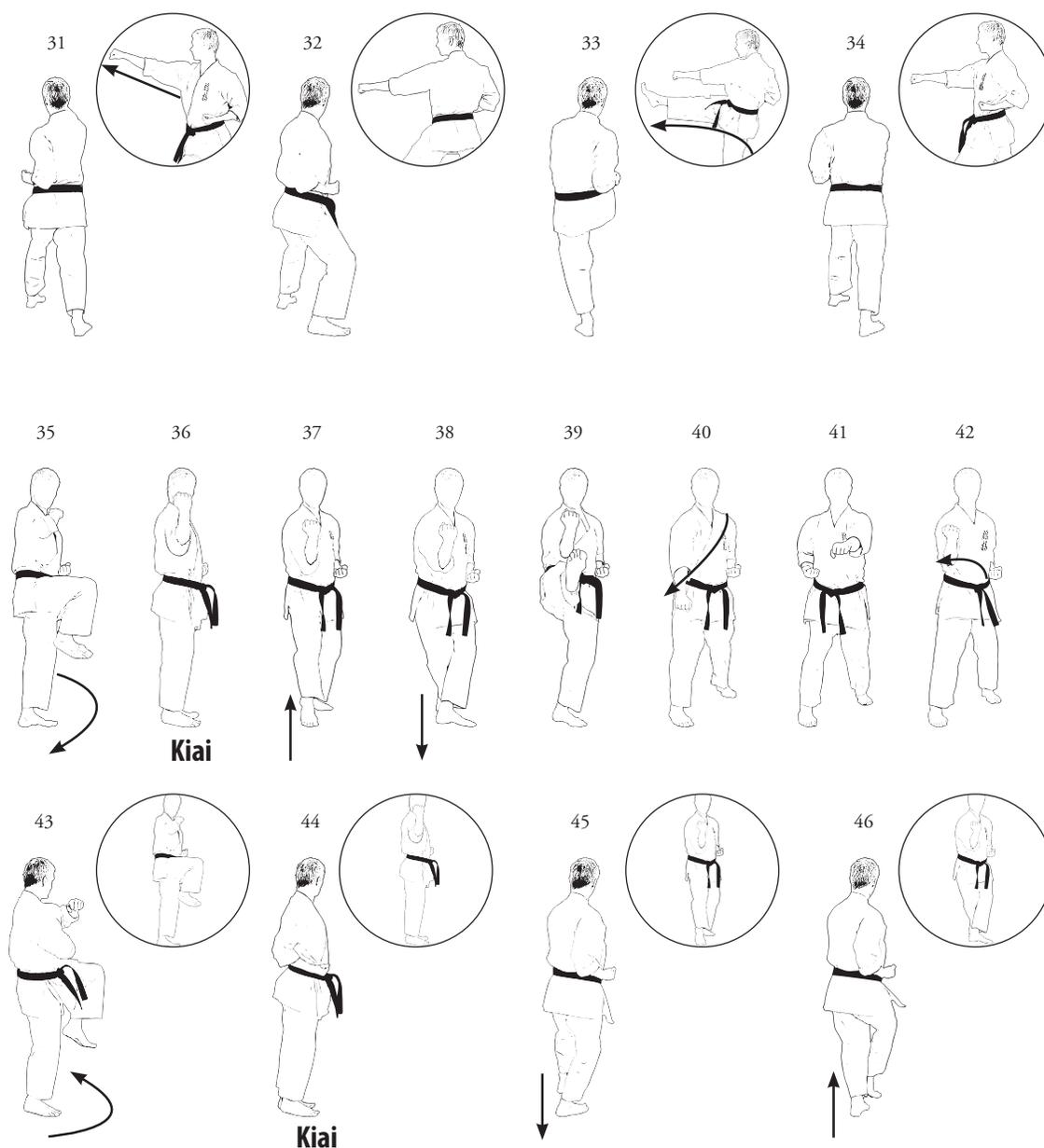
1. Yoi. **2.** Step forward into hangetsu-dachi, soto-uke (L). **3-4.** Chudan gyaku-zuki, soto-uke (R). **5-7.** Step forward (R), chudan gyaku-zuki, soto-uke (L). **8-10.** Step forward (L), chudan gyaku-zuki, soto-uke (R). **11.** Slide forward into shiko-dachi (L), kasumi-zuki (mist punch) (kiai!). **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



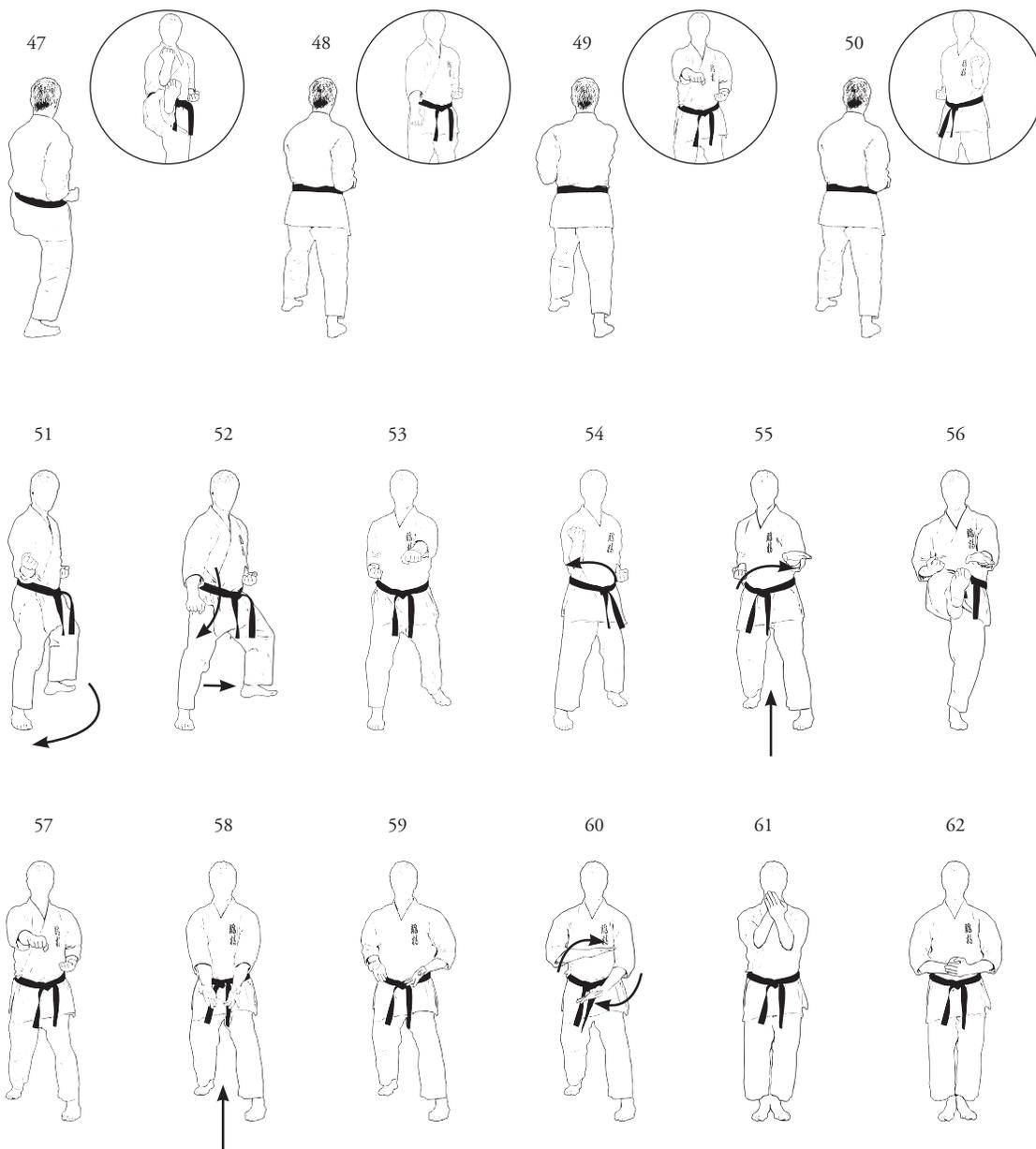
17. Hikiotoshi (L). **18.** Step forward, chudan haitō-uke (R). **19.** Hikiotoshi (R). **20.** Moving right foot, face to left in hangetsu-dachi, soto-uke (L). **21-24.** Jodan-gyaku-zuki (R), shizumi-zuki (sinking punch in shiko-dachi) (L), mae-geri (R) and, in hangetsu-dachi, chudan gyaku-zuki (R). **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



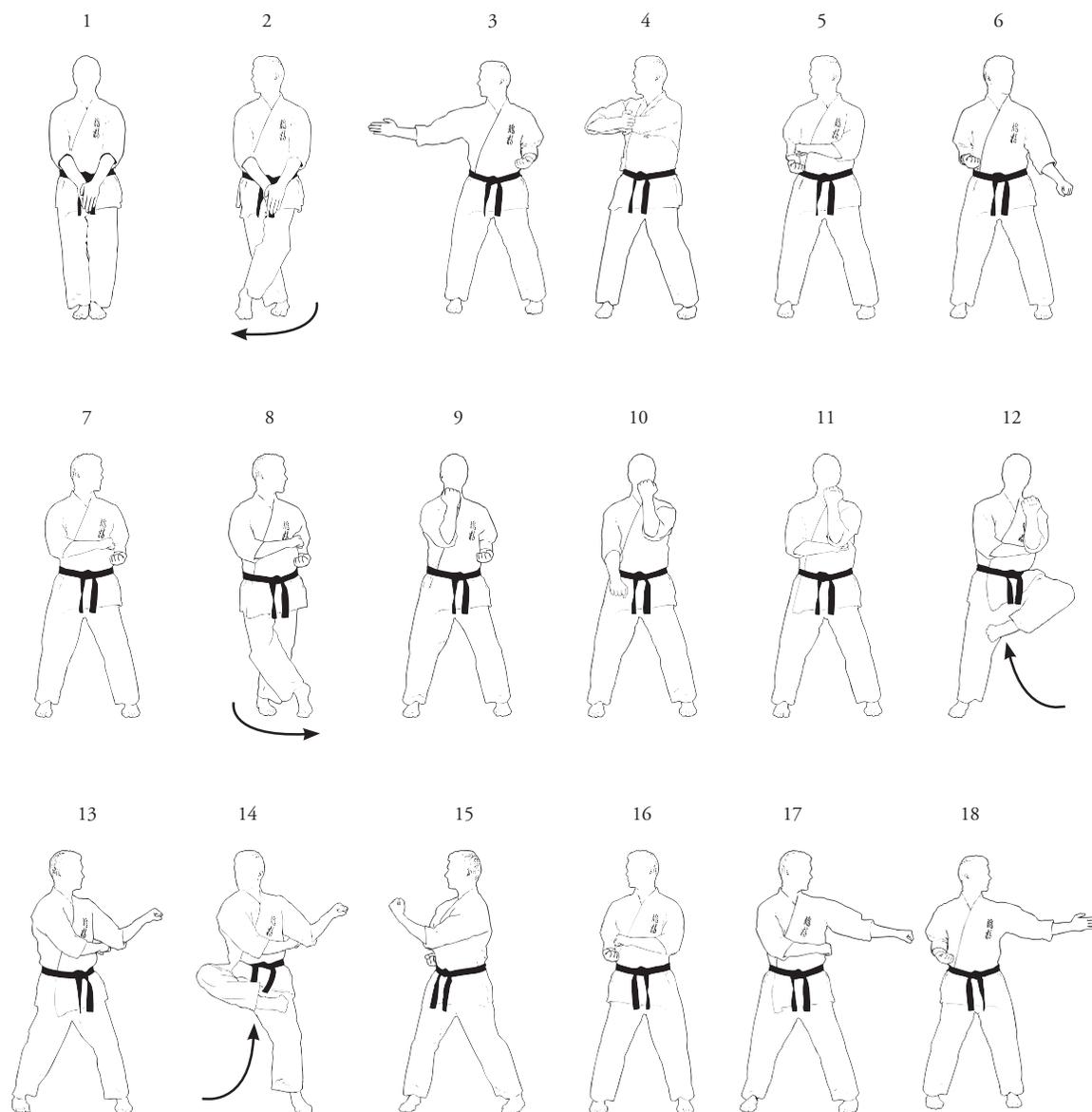
31-34. Jodan gyaku-zuki (R), shizumi-zuki (L), mae-geri (R) and chudan gyaku-zuki (R). **35-36.** Towards front, bring right knee up and stomp into musubi-dachi, jodan uraken-uchi (R) (kiai!). **37.** Pull back into neko-ashi-dachi (cat stance), chudan kamae (R). **38-42.** Cross forward and mae-ashi-geri (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



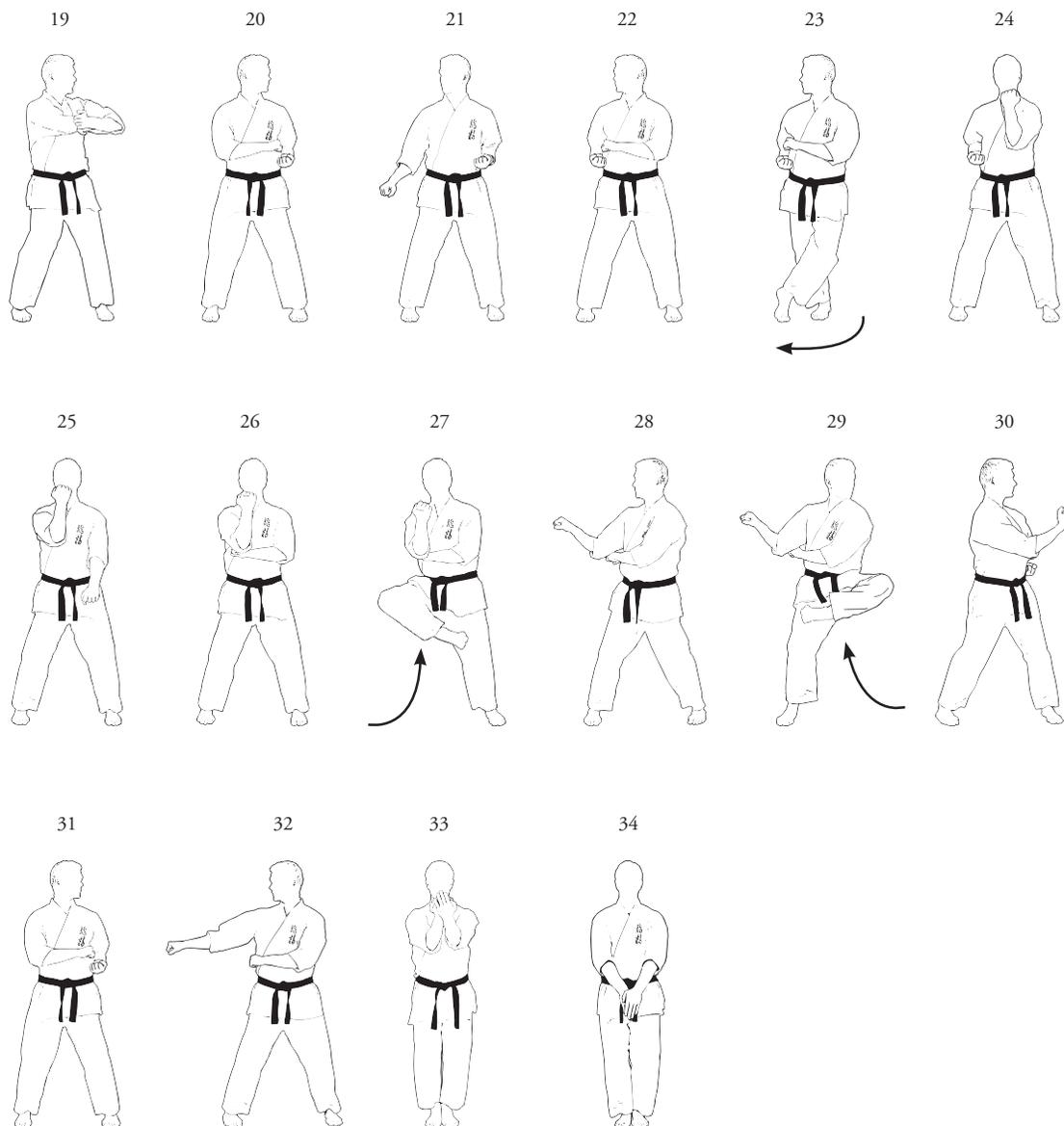
46-50. Cross forward and mae-ashi-geri, land in hangetsu dachi (L), gedan-barai (L), gyaku-zuki (R), chudan-kamae (L). **51.** Slide towards front in shiko-dachi, ura-kentsui-uchi (hammer-fist strike with thumb side of hand) (R). **52-54.** Slide back into han-shiko-dachi (half shiko-dachi) and gedan-barai (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



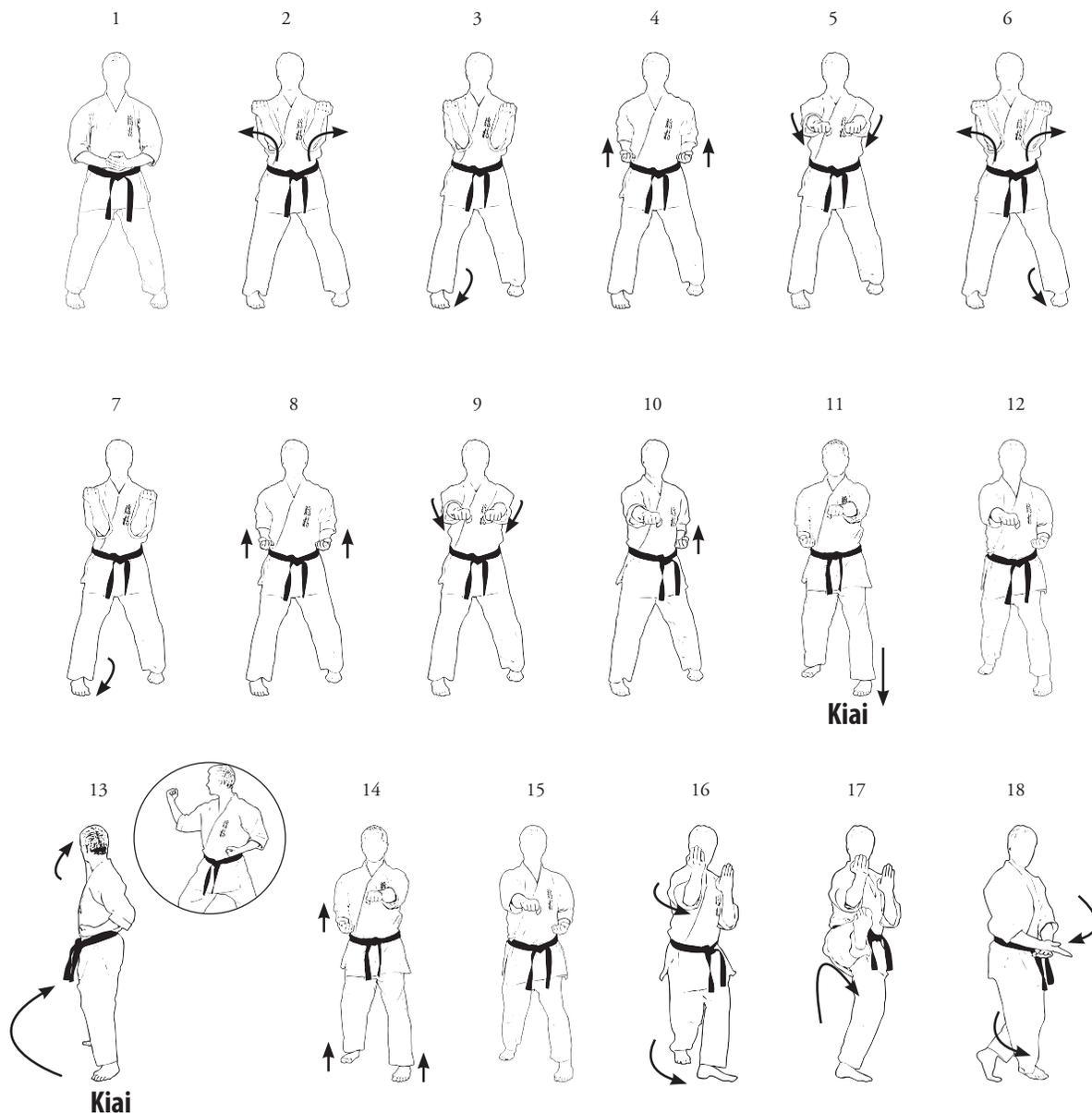
1. Yoi. **2.** Kōsa-ashi (cross-step) (R). **3.** Haitō-uke (ridge-hand block) (R). **4.** Empi-uchi (elbow strike (L) into right palm. **5-6.** Fists facing each other on right hip, gedan-barai (lower block) (L). **7.** Kagi-zuki (hook punch) (R). **8.** Kōsa-ashi (L). **9.** Chudan-uke (middle block) (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



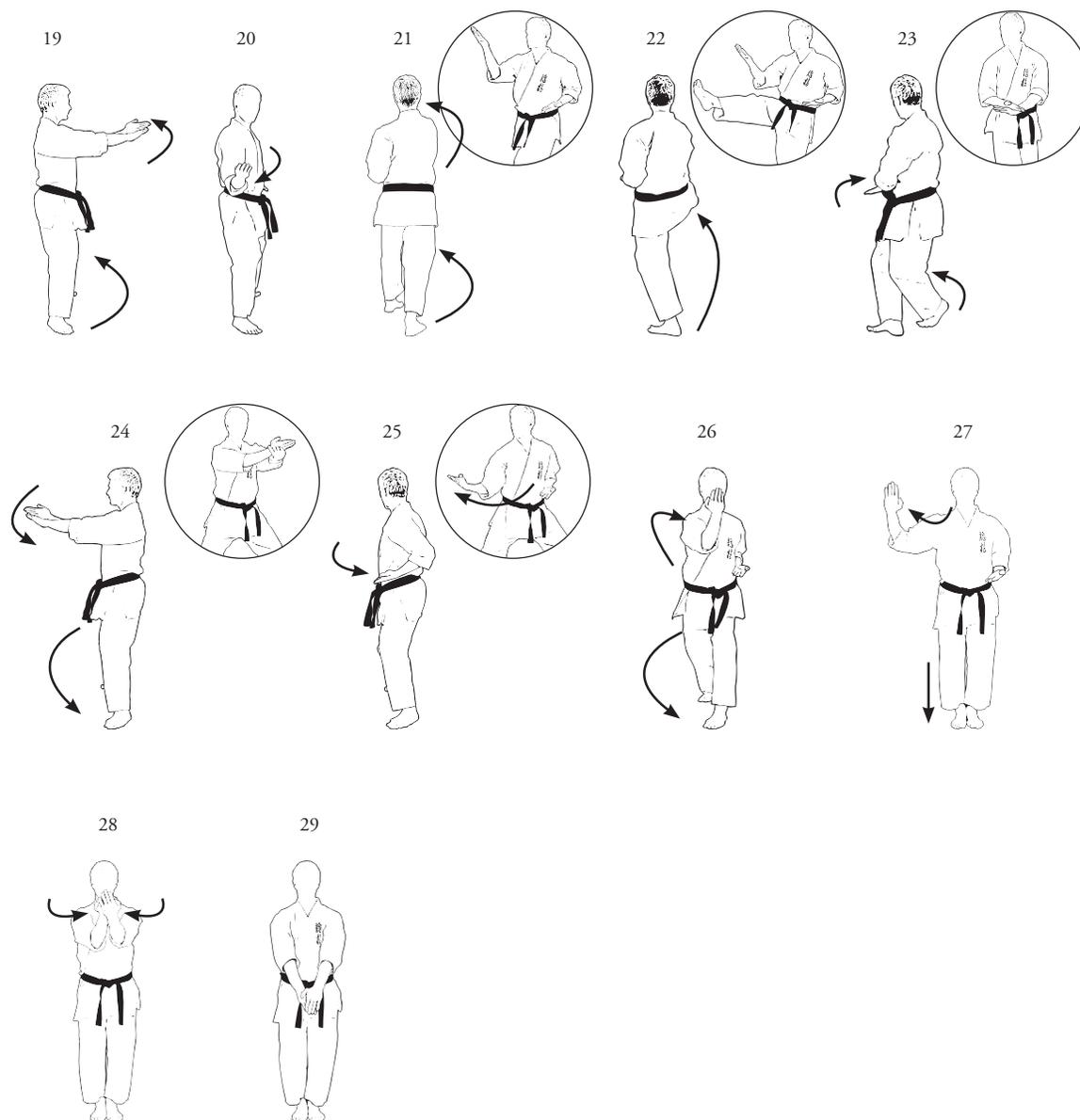
19. Empi-uchi (elbow strike) (R) into left palm. **20-21.** Fists facing each other on left hip, gedan-barai (lower block) (R). **22.** Kagi-zuki (L). **23.** Kosa-ashi (R). **24.** Chudan-uke (middle block) (L). **25.** Gedan-barai (L)/chudan-uke (R). **26.** Uraken-uchi (back-fist strike) (R), with 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



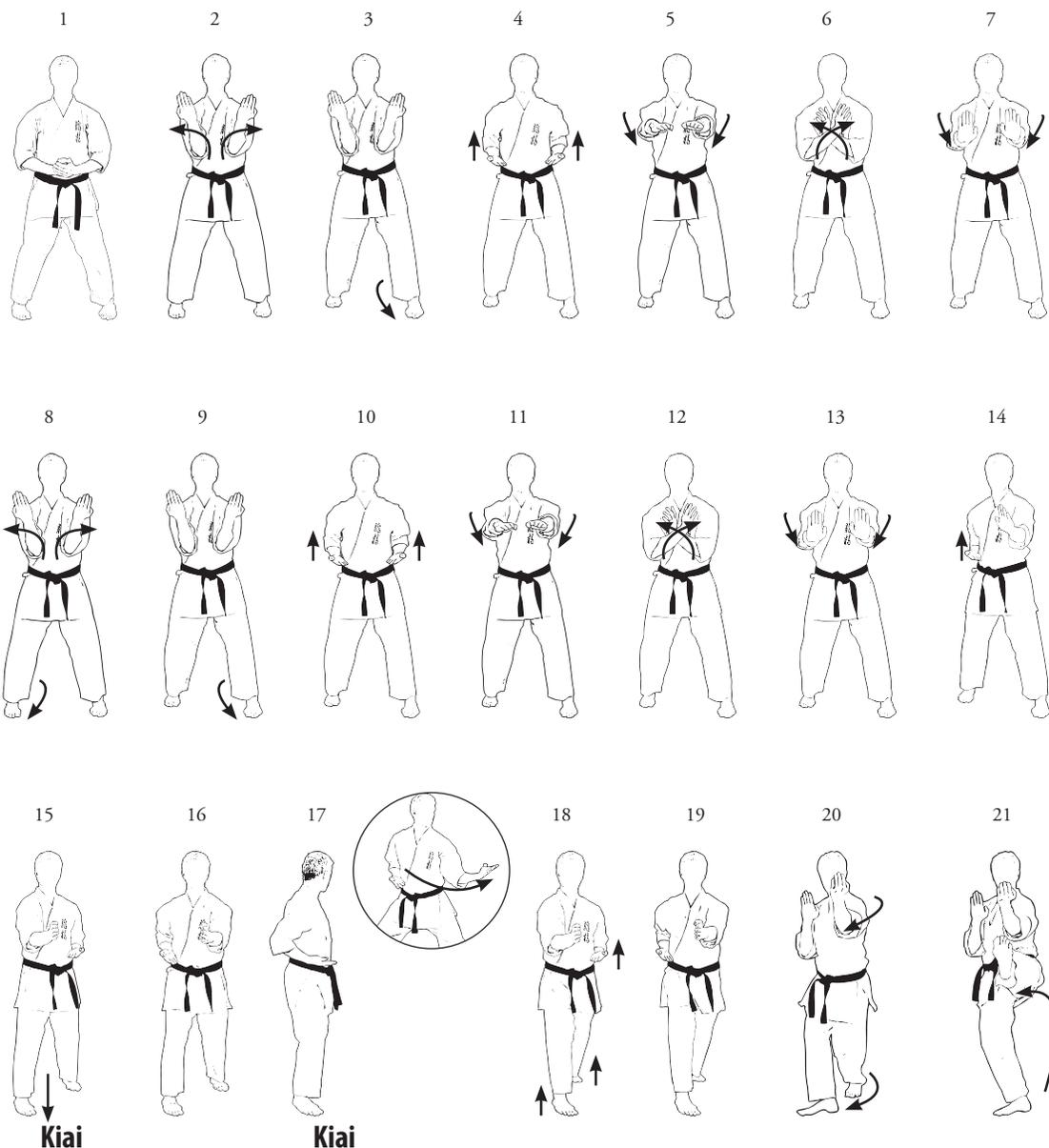
1. Yoi. **2.** Chudan morote-uke (two-handed block). **3-4.** Step forward into sanchin-dachi (hour-glass stance) (R), hikite (pull hands to hip). **5.** Chudan morote-zuki (two-handed punch). **6.** Step forward into uchi-hachiji-dachi, chudan morote-uke. **7-8.** Step forward into sanchin-dachi (R), 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)



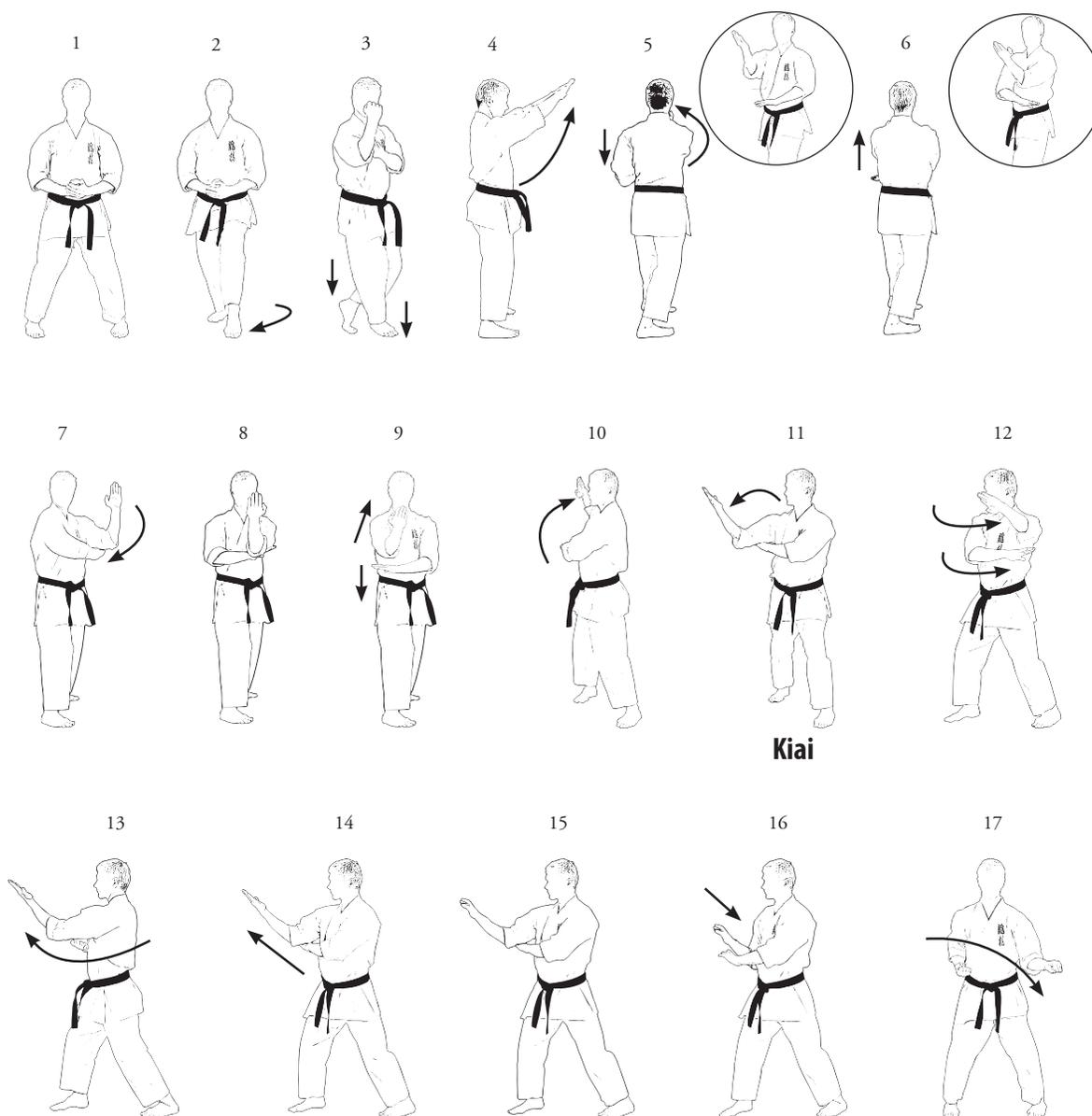
1. Yoi. **2.** Chudan morote-uke (open hand). **3-4.** Step forward into sanchin-dachi (L), hikite (pull). **5.** Chudan morote hira-nuki (two-handed fingertip strike, palms down). **6-7.** Pull hands back and then push out chudan morote shōtei-uchi (double palm strike). **8.** Step forward into uchi-hachiji-dachi, 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)



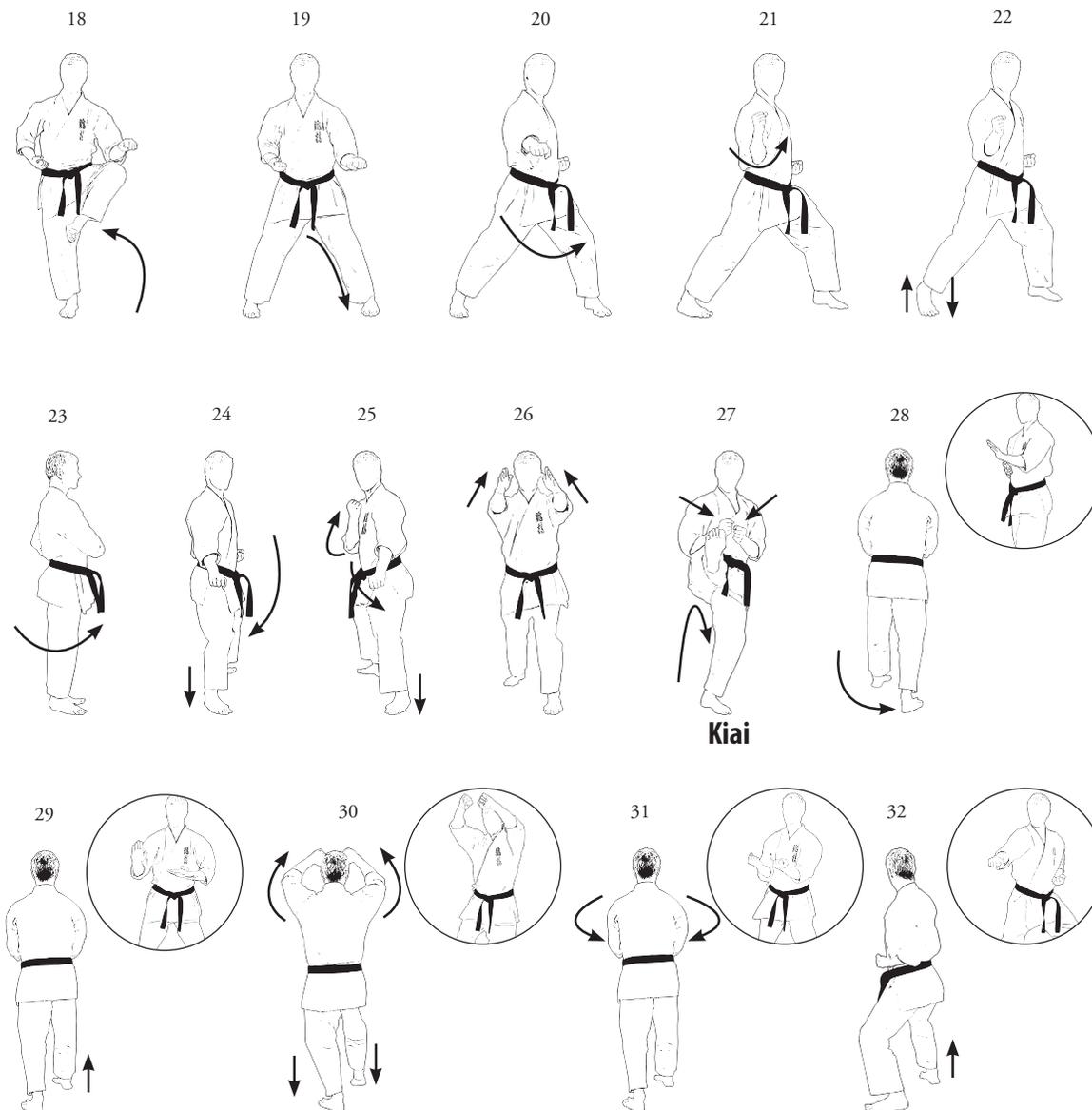
22. Land in *kōsa-dachi*, *shutō-kōsa-uke*. **23-24.** Step back into *shiko-dachi*, *haitō-uchi* (L). **25.** Turn to rear in *chokusen hangetsu-dachi* (R), *shutō-uchi* (L). **26.** *Mae-geri* (L). **27.** *Kōsa-dachi*, *morote shutō-kōsa-uke*. **28-29.** Step back into *shiko-dachi*, *haitō-uchi* (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



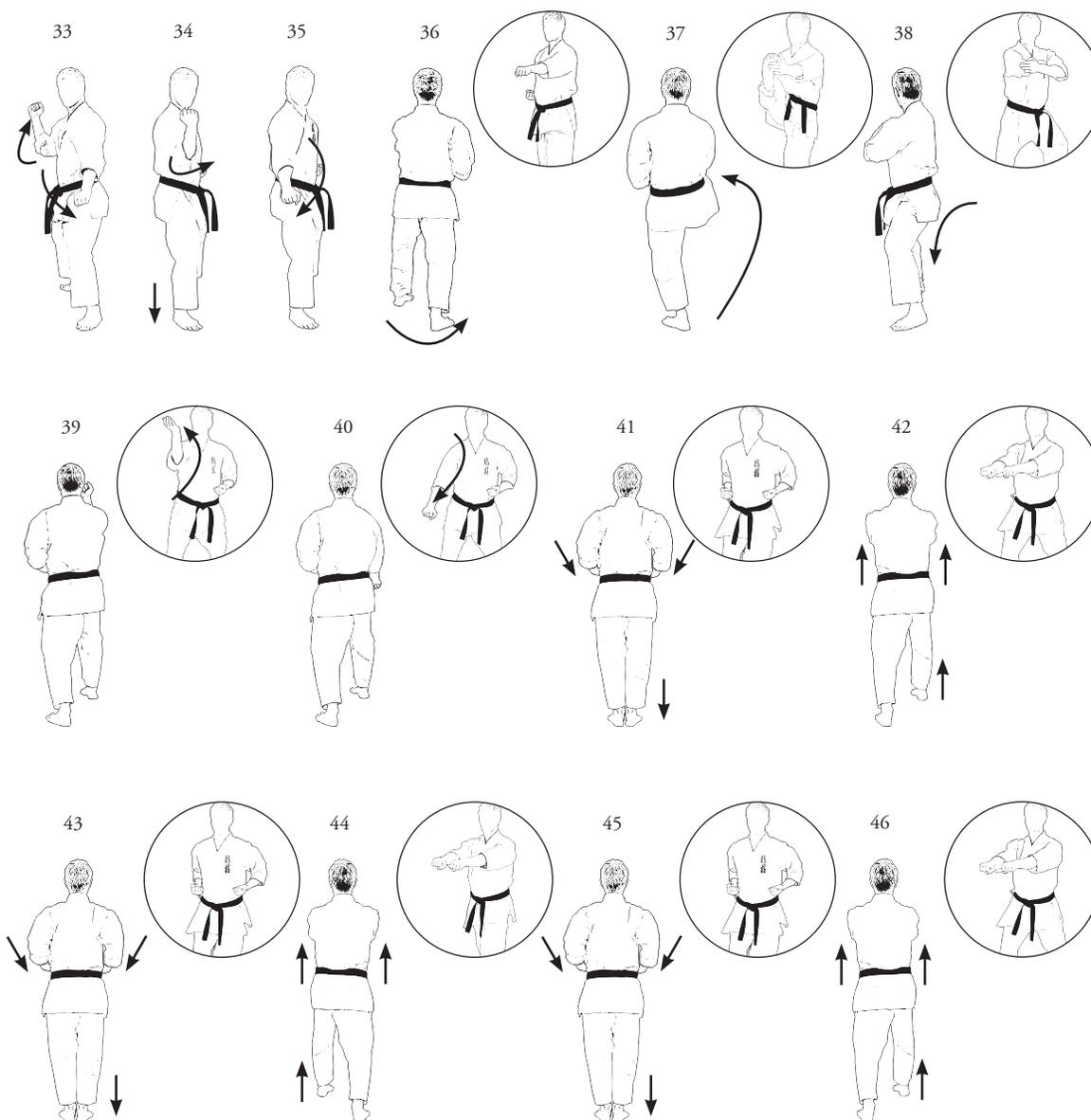
1. Yoi. **2.** Step forward into neko-ashi-dachi (L). **3.** Step into kōsa-dachi, jodan uraken-uchi (R) with sasae (supporting hand) (L). **4.** Step back into uchi-hachiji-dachi (facing left) and raise your hands up into sasoi-kamae (a ready position that invites attack). **5-6.** Turn to rear in chokusen 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



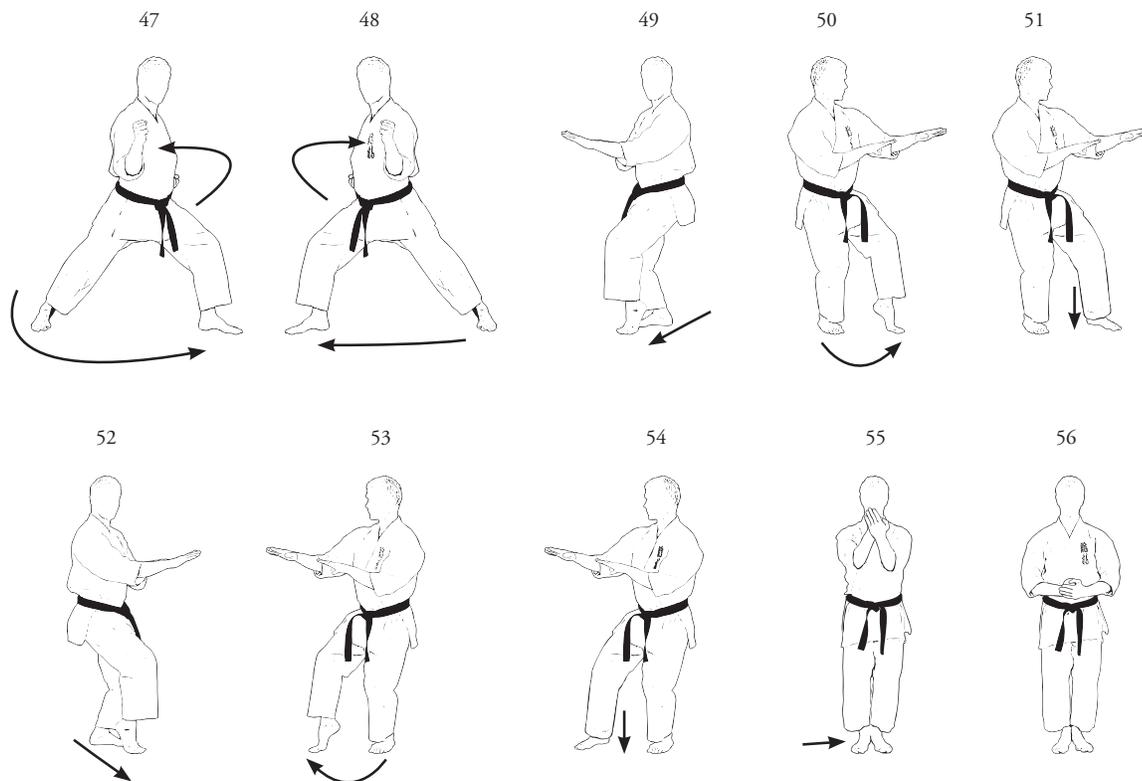
18-21. Fumi-komi (stomping kick) (L), turn into okutsu-dachi (low sideways stance) (L), chudan-tsuki (R), mawashi-uke (roundhouse or scooping block) (R). **22-23.** Stomp with your right foot and then draw it up to your left, musubi-dachi, kage-zuki (shadow or hooking punch) to rear (R). **24.** Step 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



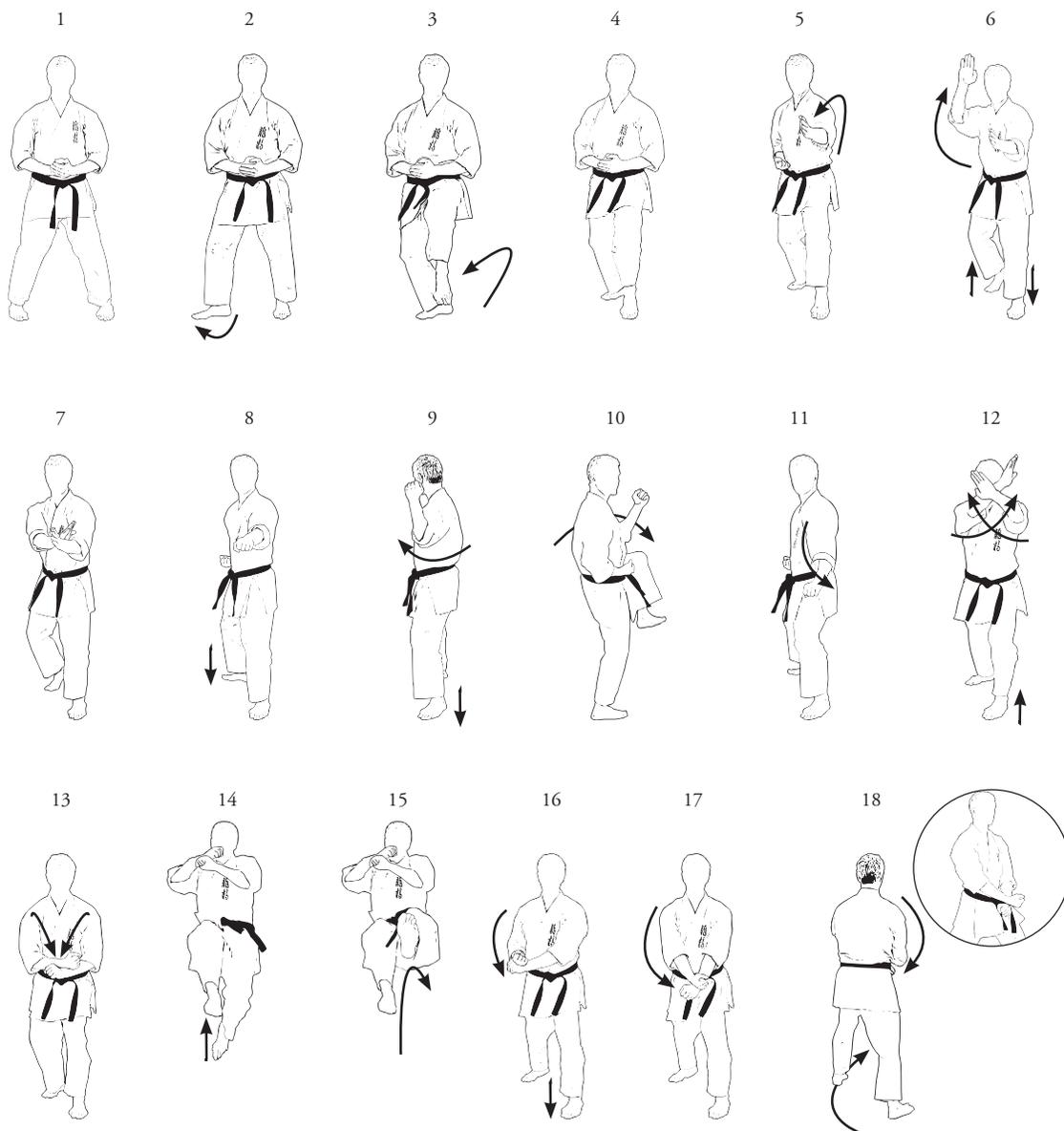
33. Turn and face front, kyusei (drawing a bow position). **34-35.** Step forward into shiko-dachi and, in one motion, uchi-uke/gedan-barai (R). **36.** Tsuki-kaeshi to rear in hangetsu-dachi (L). **37-38.** Open left hand and mikazuki-geri (R), striking left palm. Land forward in shiko-dachi (R), chudan 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



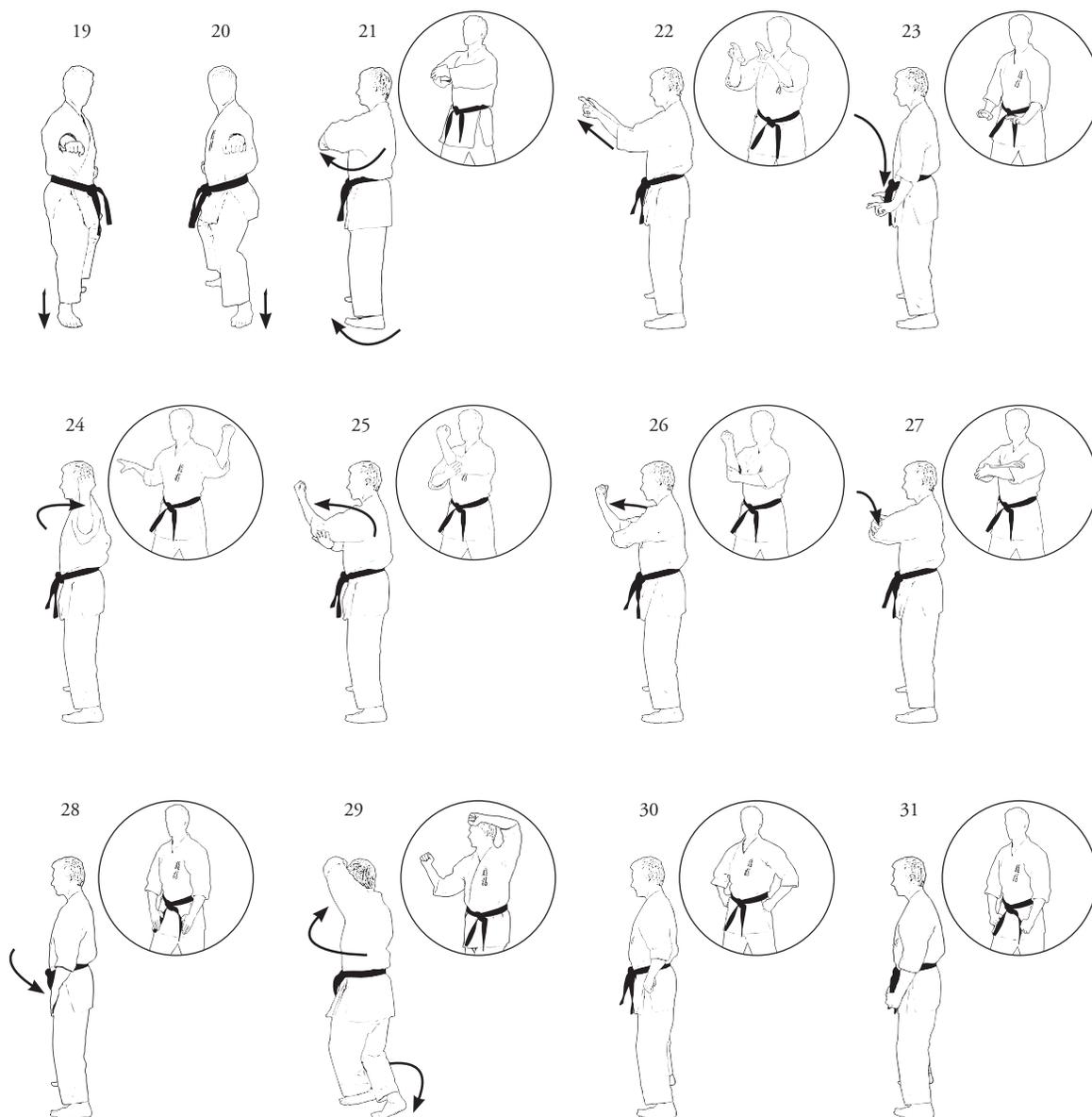
47. Pivot on right foot to face front, okutsu-dachi (L), mawashi-uke (R). **48.** Shift to okutsu-dachi on other side (R), mawashi-uke (L). **49.** Step up to your right in neko-ashi-dachi (big toes close together) (L), shutō-sen (knife-hand fan). **50.** Pivot on right foot, so facing to left in neko-ashi-dachi (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



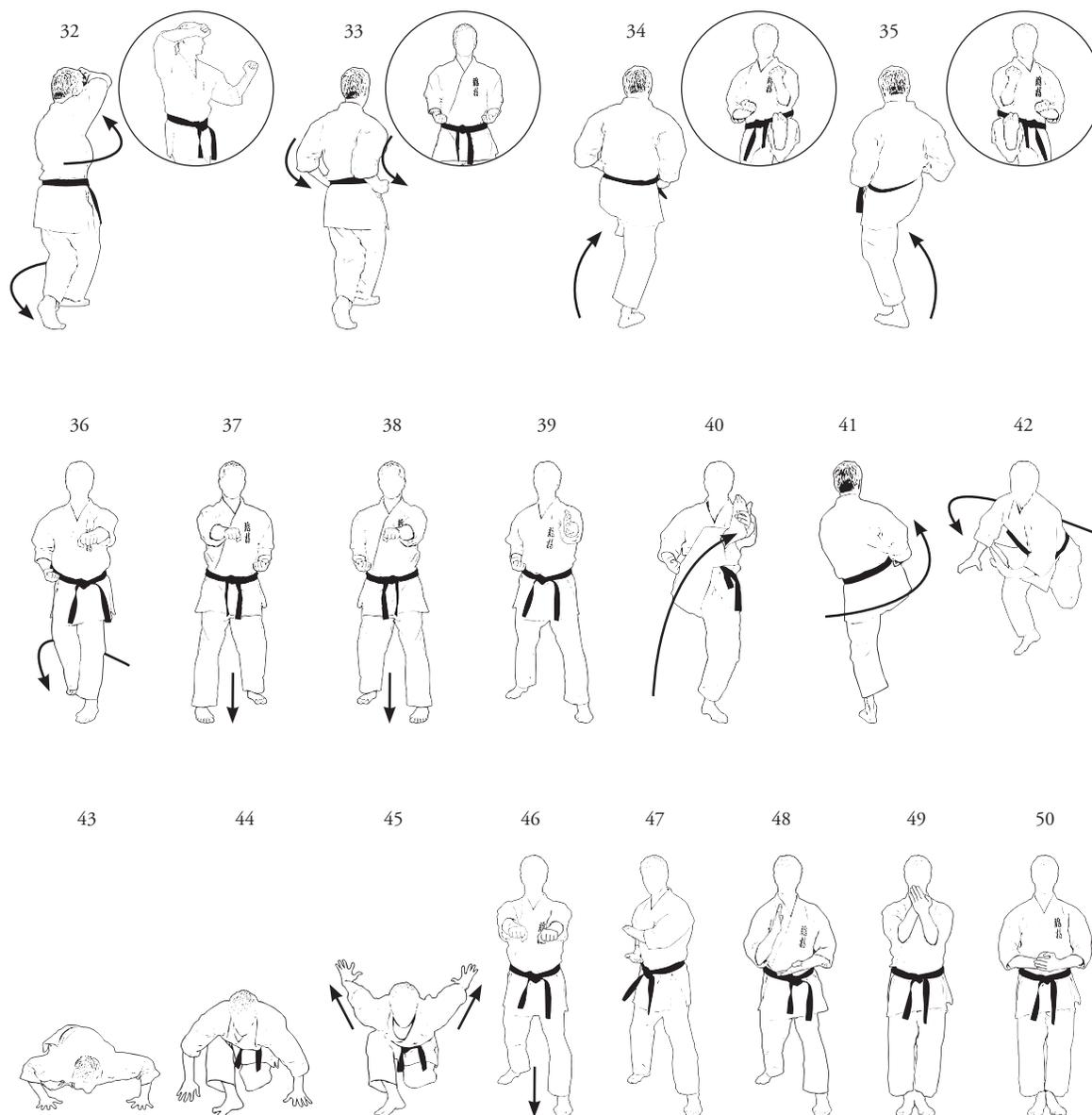
1. Yoi. **2-4.** Step forward into a long neko-ashi-dachi (L). **5.** Circle left arm slowly down in shutō osae-uke (knife-hand pressing-down block). **6-7.** Stomp left heel down and raise right heel, then circle right arm down in shutō osae-uke, crossing wrists. **8.** Twist hands, stomp right heel 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 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

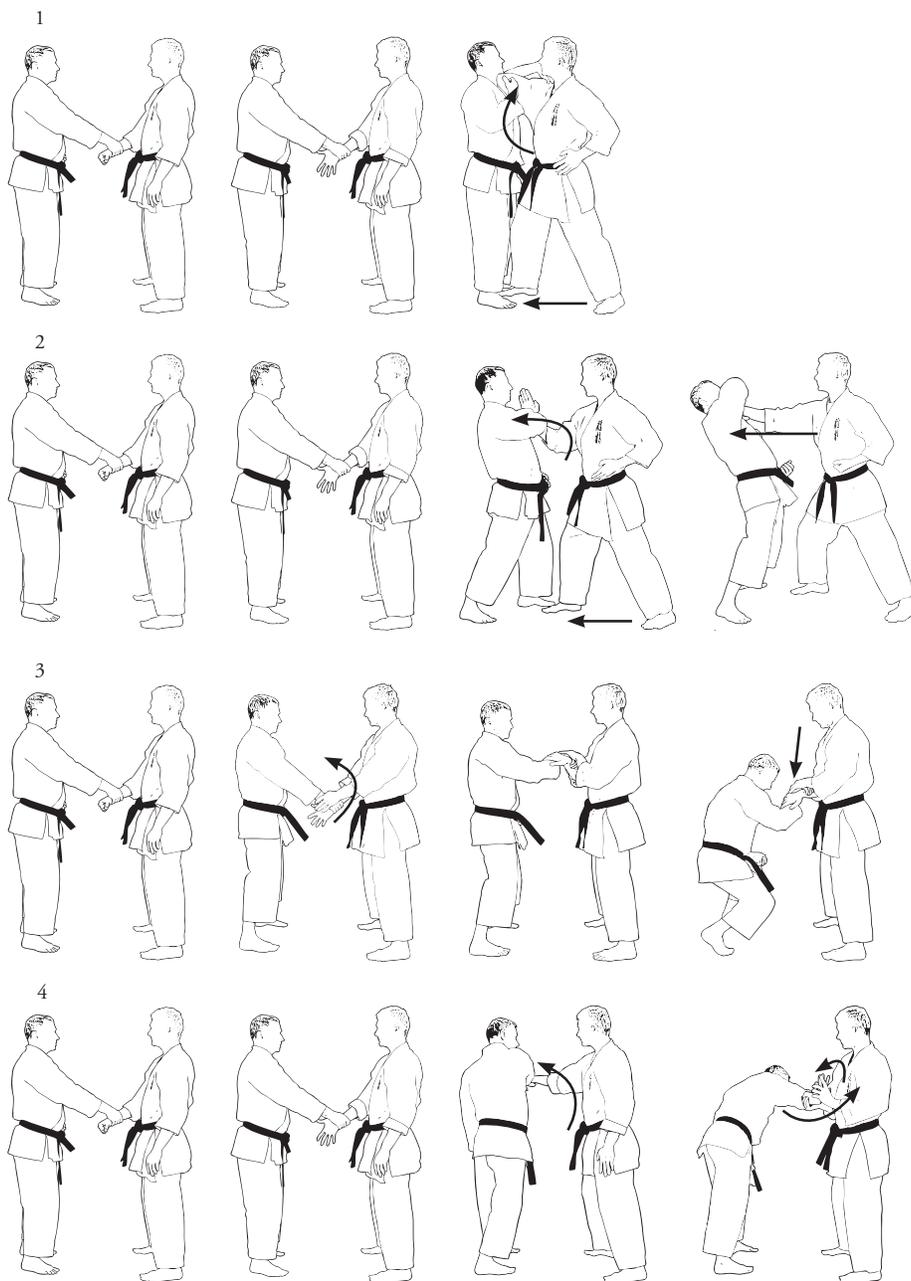


32. Twist into *kōsa-dachi* (R), facing the rear, and *kenun-no-kamae* (L). **33.** Pull both hands to hips, *choun-no-kamae*. **34-36.** *Mae-geri* (L), *mae-geri* (R) and *chudan tsuki-kaeshi* to front (L). **37-38.** Move forward *oshi-zuki* (pushing punch) (R, L). **39-43.** Open left hand and *mikazuki-geri* (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*.



Kaisetsu Illustrations

Tehodoki-no-waza



1. Defender steps forward and drives the right elbow up under the attacker's chin.
2. Defender slides to left, circles right arm clockwise and then steps forward, pushing the side of his hand against the attacker's forearm and centre line.
3. Defender holds attacker's gripping fingers with his left hand and then circles his right open hand around the attacker's forearm near the wrist and presses down.
4. Defender circles attacker's arm clockwise with his right hand until he is grasping the attacker's wrist from underneath. He grabs the attacker's hand below the knuckles with his left and applies a wrist joint lock.

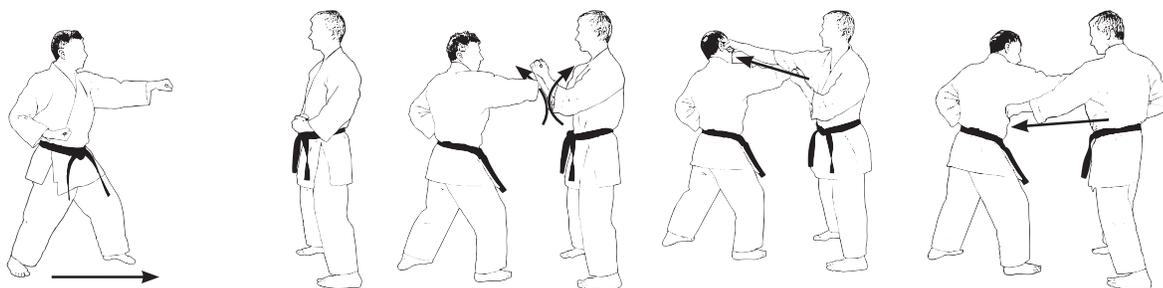
Tehodoki-no-waza



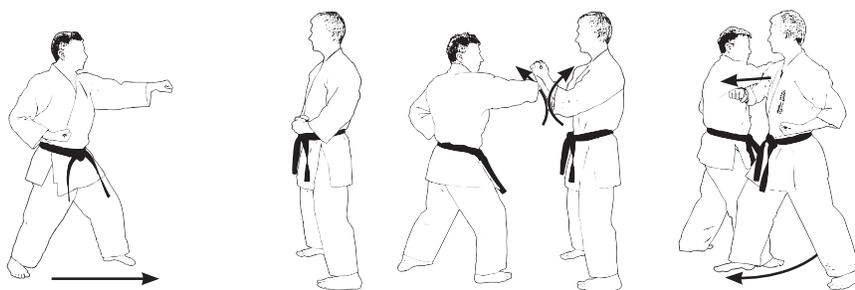
5. As defender steps behind attacker with right foot, he swings out his right arm to side, turning the attacker's back to him, and he applies a choke.
6. Defender grabs attacker's right wrist with his left hand, steps under his arm and then throws the attacker directly to his rear with his bent arm (aikidō's shiho-nage). Applies finishing punch.
7. Defender grabs the attacker's wrist with his left hand, takes a small left step forward (L) and then a deep right step (R) directly behind the attacker, driving his arm straight into the ground, in a throw.

Niseishi Kaisetsu

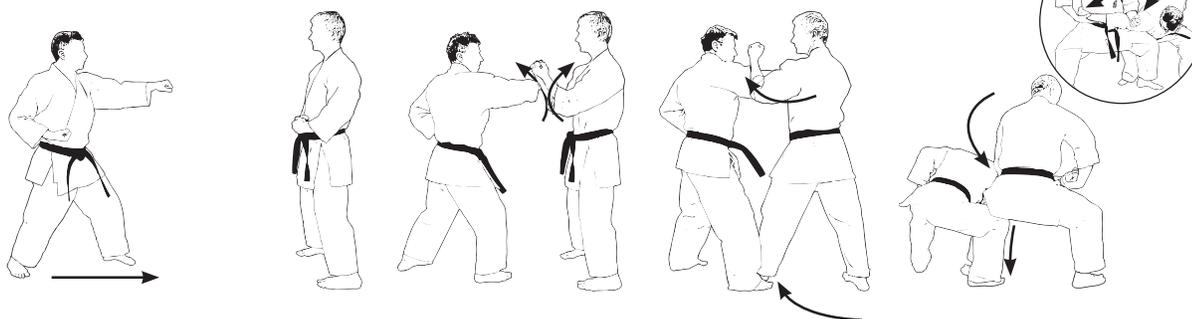
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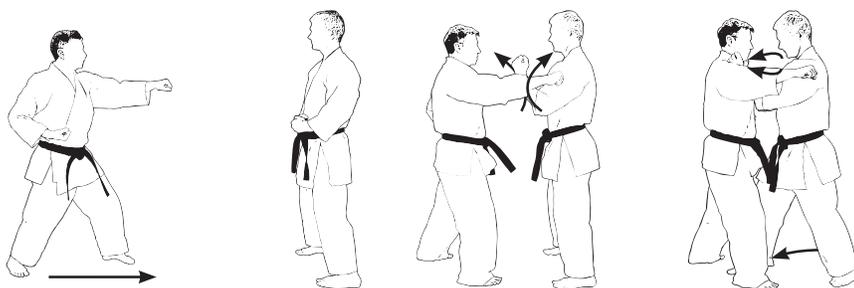


Unless otherwise stated, attacks are chudan oi-zuki.

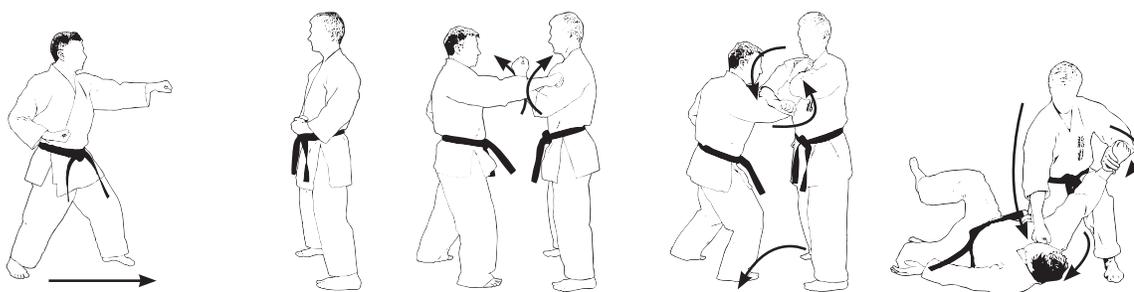
1. Uchi-hachiji-dachi, chudan morote-uke (R), jodan-tsuki (R), twist into chudan-tsuki (L).
2. Chudan morote-uke (R), step into hangetsu-dachi (R), chudan mae-empi (middle front elbow strike) (R).
3. Chudan morote-uke (R), grasp attacker's wrist with right hand, step forward into shiko-dachi (L) and apply arm bar.

Niseishi Kaisetsu

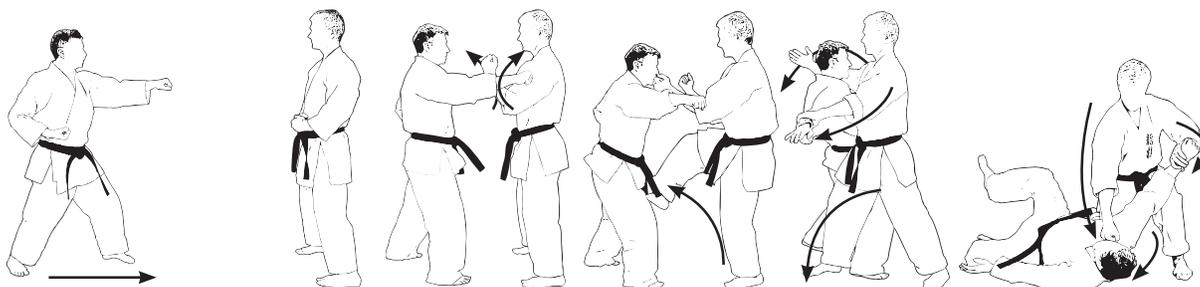
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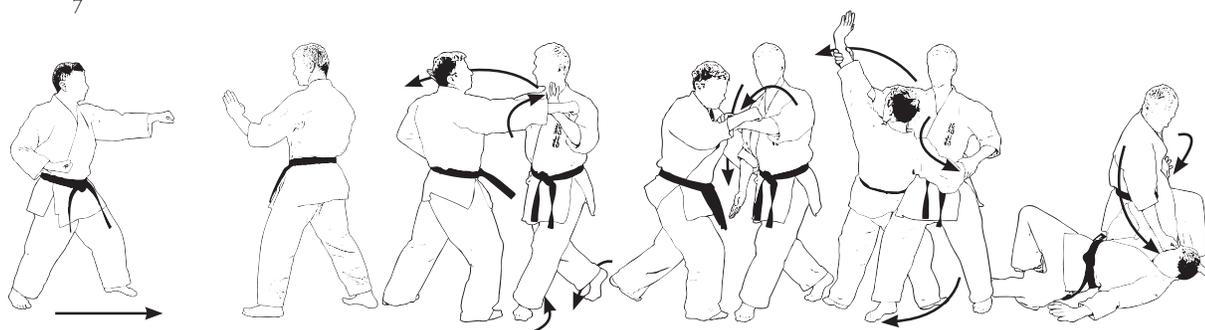
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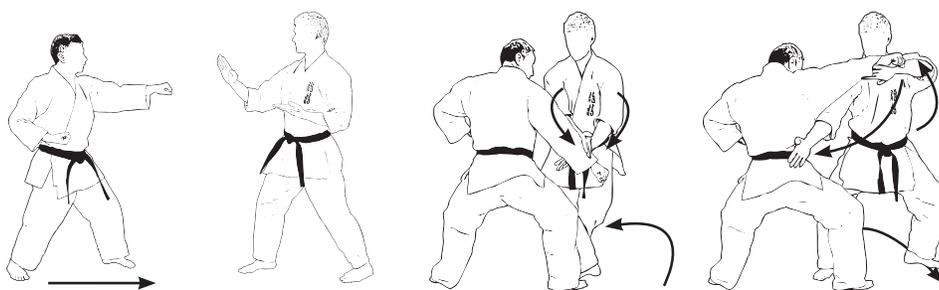
4. Chudan morote-uke (L), step into hangetsu-dachi (R) and morote kentsui-uchi (double hammer-fist strike) to the sides of neck.
5. Chudan morote-uke (L), bring right wrist into opponent's elbow joint and, as stepping forward into hangetsu-dachi (R), circle your forearms to apply armlock and throw. Execute finishing technique.
6. Chudan morote-uke (L), grab opponent's punching hand with your left hand, mise-geri (front kick feint) (R) to groin; step behind opponent (R), and throw, with right hand against his head. Apply finishing technique.

Niseishi Kaisetsu

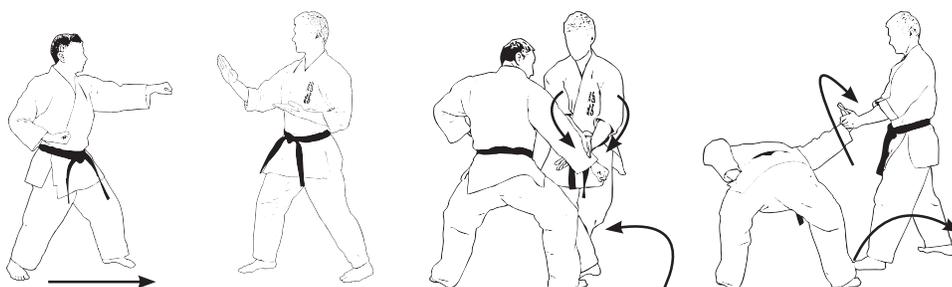
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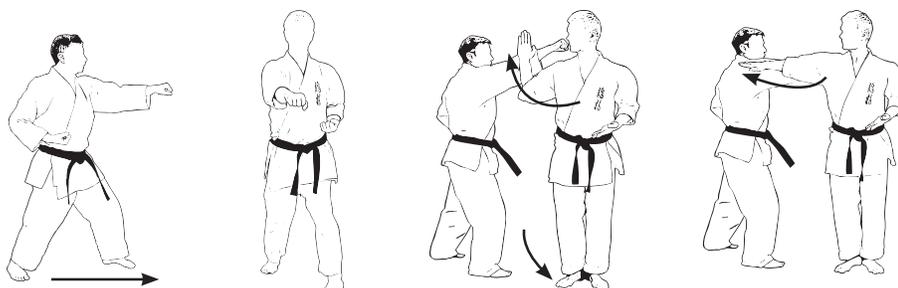
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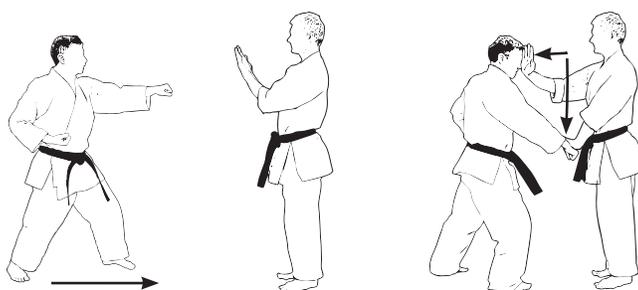
7. From chudan shutō-kamae, twist into irimi-shutō (R), grabbing opponent's punching hand with your left hand. As the attacker does a chudan gyaku-zuki (L), block with shutō gedan-barai (open-hand lower block) (R), circle arm and throw as you step forward (R). Apply finishing technique.
8. (Attack: shiko-zuki) From chudan shutō-kamae (R), step into kōsa-dachi and morote shutō-kōsa-uke, slide back into shiko-dachi (R), lift up the attacker's hand and chudan haitō-uchi (R).
9. (Attack: shiko-zuki) From chudan shutō-kamae, step into kōsa-dachi, morote shutō-kōsa-uke. Step back into hangetsu-dachi (R) and apply wrist lock with two hands.

Niseishi Kaisetsu

10



11



10. (Attack: jodan oi-zuki) Stand with right side to opponent in hangetsu-dachi (L), right hand out. Step up into musubi-dachi, jodan shutō-yoko-uke and shutō-uchi (R) to the back of opponent.

11. From musubi-dachi, with open hands crossed under eyes, osae-uke (pushing block) (L) and jodan shutō-uke (R) to the centre line of head.

Henshuhō

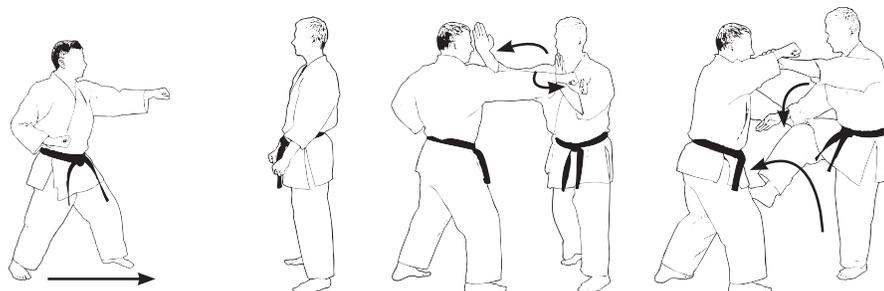


Unless otherwise stated, attacks are chudan oi-zuki.

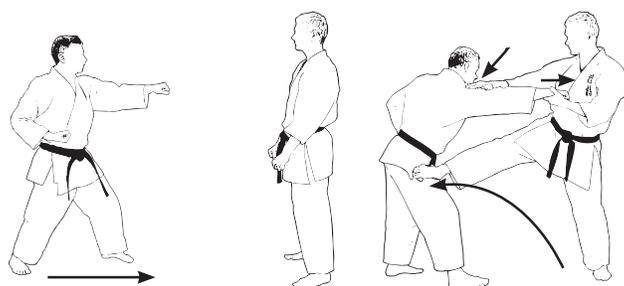
1. (Jodan-zuki attack). Drop forward into shiko-dachi, grasp behind attacker's arm or shoulder (R) and throw with circling motion and foot sweep (R).
2. Tesho-osae-uke (palm pressing block) and grab attacker's wrist (L), jodan uraken-uchi (R). (Attacker: gyaku-zuki) Shutō gedan-barai (R), circle attacking arm up and step behind for throw, rotating into shiko-dachi (R). Apply finishing technique.
3. (Gedan-tsuki attack). Deflect with shōtei-uke (fingers down) (R), grab attacker's wrist (L), step in shiko-dachi, chudan yoko-empi (R). (Attacker: gyaku-zuki) Block punch with elbow (R), step with right foot under attacker's arm and throw.
4. Body shift 45° to front left, yoko-geri (R) to back of attacker's knee and shutō-uchi (R) to base of his neck.

Henshuhō

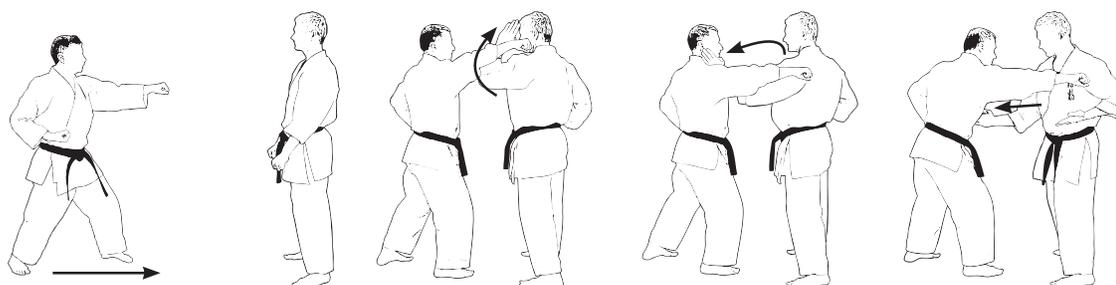
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5. Shift to right with simultaneous chudan haishu-uke (L) and jodan shutō-uchi (R). (Attacker: gyaku-zuki) Shutō gedan-barai (R) and mae-geri (R) to groin.
6. Twist body and sukui-uke (scooping block) (L), press hand (R) on shoulder of attacking arm, and press yoko-geri (R) into upper leg, near at hip joint.
7. Haishu-uke (L), shutō-uchi (L) to collarbone, twist into chudan nukite (R).