

KATA ICHI SET ICHI-A (KATA 1 SET 1-A)

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START: Bow, Ready Stance with Left arm extended to nose.

1. Rt F Punch to Solar Plexus. (KIA)
2. Rt 90d, Rt F Punch to Solar Plexus.
3. Rt 90d Rt F B Fist to Nose.
4. Rt F Kick to Groin. (KIA)
5. Rt 90d, Rt F Punch to Solar Plexus.
6. Rt 90d, Rt F S Hack to Side of Neck.
7. Lt F Kick to Solar Plexus.
8. Lt 90d, Lt Shuto to Throat Pit. (KIA)
9. Lt 90d, Lt F B Fist to Nose then Lt F S B Fist to Cheek.
10. Lt 90d, Lt F Punch to Solar Plexus.
11. Lt F Kick to Solar Plexus. (Bring Lt Punch back as you Kick)
12. Lt 90d, Lt S F B Fist to Nose.
13. Step forward with Rt Foot, Rt. F S Elbow to Jaw. (KIA)
14. Step even with Double S B Fist to Nose. (KIA)

KATA ICHI SET ICHI-B (KATA 1 SET 1-B)

15. Lt Foot planted, Lt 180d, Rt F Kick to Solar Plexus then stepping down with Rt Foot Forward and hold Lt Punch to Nose. (KIA)
16. Step forward with Lt Foot and Rt Walking Punch to Solar Plexus.
17. Step forward with Rt Foot and Lt Walking Punch to Solar Plexus.
18. Step even with Rt F B Fist to Nose. (KIA)
19. Lt Foot planted, Lt 180d, Rt Foot forward with Walking Rt F S Hack to Side of Neck. (KIA)
20. Step forward with Lt Foot, Walking Lt F S Hack to Side of Neck. (KIA)
21. Step forward with Rt Foot, Walking Rt Shuto to Throat Pit.
22. Step even with Lt F Punch to Solar Plexus.
23. Rt Foot planted, Rt 180d, Lt Foot crosses in F of Rt with cross Hack Block in F of Face. (Hands crossed at wrist with Lt Hand in F of Rt)
24. Step into Width of Balance Stance with Rt Foot with Double F B Fists to Cheeks & Hold.
25. Step back with Lt Foot into Ready Stance.
26. Step even with Lt Foot with Double F Punch to Cheeks & Hold. (KIA)
27. Step forward with Lt Foot with Cross Hold Block in F of Face (Hands crossed at wrists with Lt Hand in F of Rt)
28. Step even with Rt Foot with Double F S Hacks to Side of Neck & Hold.
29. Hyper-extension Stance with Rt Leg with Double F Palm Hands to Jaw & Hold. (KIA)

KATA ICHI SET NI (KATA1 SET 2)

- (30) 1. Lt Foot planted, Lt 90d Rt S F B Fist to Nose. (KIA)
- (31) 2. Lt S Punch to Nose.
- (32) 3. Lt Foot planted, Lt 90d Rt Punch to Nose.
- (33) 4. Lt Foot planted, Lt 90d Rt S Kick to Solar Plexus. (KIA)
- (34) 5. Lt Foot planted, Lt 90d Touch Rt Foot down for balance, Rt Knee to Groin. (KIA)
- (35) 6. Rt 180d, Rt S B Fist to Nose at 45d angle behind you.
- (36) 7. Rt Foot planted, Rt 180d Lt Punch to Solar Plexus.
- (37) 8. Cross T with Rt Foot, Rt S B Fist to Nose.
- (38) 9. Lt Foot only Rt 90d, Rt S B Fist to Nose.
- (39) 10. Rt 180d, Rt F S Hack to S of Neck. (KIA)
- (40) 11. Rt Foot planted, Rt 90d into Hyper-extension with Lt S Punch to Solar Plexus. (Rt Fist is resting against own SP, palm up)
- (41) 12. Lt Foot planted, Lt 180d into Hyper-extension with Rt S Punch to Solar Plexus.(Lt Fist is resting against own Solar Plex., palm up)
- (42) 13. Lt S Snap Punch to Solar Plexus.
- (43) 14. Lt Foot planted, Lt 90d, Rt F S Punch to Nose.
- (44) 15. Cross T w/ Rt Foot, Lt F Hack 45d angle to Rt & Rt F Hack 45d angle to Rt. (Rt Hack goes over top Lt Hack as it comes Back)
- (45) 16. Step out of Cross T w/ Lt Foot, Double F Backfists to cheekbones & Hold. (KIA)
- (46) 17. Step Back w/ Lt Foot, bring both fist back to waist, palms up.
- (47) 18. Rt F Backfist to Nose.
- (48) 19. Lt F Snap Punch to Solar Plexus.
- (49) 20. Step even w/ Lt Foot & Rt F Snap Punch to Nose. (KIA)

KATA ICHI SET SAN (KATA 1, SET 3)

- (50) 1. Rt Knife Kick to opponents Lt Knee cap area. (KIA)
- (51) 2. Rt Foot planted, Rt 90d Lt S Kick to ribs.
- (52) 3. Rt B Hook Kick to Groin at 45d angle to Lt.
- (53) 4. Lt F Kick to Solar Plexus. (KIA)
- (54) 5. Lt Foot planted, Rt power Kick to S of Face turning Lt 180d.
- (55) 6. Rt Foot planted, Lt Reverse Roundhouse Kick to Facial Area, Turning Lt 270d. (#'s 5 & 6 done together also referred to as Wheel kick)
- (56) 7. Step forward on Lt Foot, Rt F elbow to Chin & Hold. (KIA)
- (57) 8. Step even w/ Rt Foot, Rt F Backfist to Nose.
- (58) 9. Rt Foot planted, Rt 90d w/ Double F Punch- Lt hand to Nose & Rt hand to Solar plexus palm up.
- (59) 10. Step forward on Lt Foot w/ Double F Punch- Rt hand to Nose & Lt hand to Solar Plexus.
- (60) 11. Step even w/ Rt Foot, bring hands together at level of Solar Plexus w/ closed fist grab.
- (61) 12. Step back w/ Rt Foot , Rt B Elbow to Solar Plexus , Keeping wrists together, while bringing Lt hand now over top of Rt hand. (KIA)
- (62) 13. Step even w/ Rt Foot, Double F Punch to Solar Plexus w/ wrists together, Rt hand now back on top. (KIA)
- (63) 14. Step into Hour Glass Stance, Double F Hook Punches to Cheek Bones.
- (64) 15. Rt Foot Planted, Rt 180d into Cat Stance w/ Lt Foot Forward.
- (65) 16. Sway Lt into Cat Stance, walking Rt Foot forward.
- (66) 17. Sway Rt into Cat Stance, walking Lt Foot forward.
- (67) 18. Sway Lt into Cat Stance, walking Rt Foot forward.
- (68) 19. Sway Rt into Cat Stance, walking Lt Foot forward. (KIA)
- (69) 20. Lt Foot & Body Rt 90d into "Bow" to Complete Kata.