

**How to perform the kata**

1. **Yoi** (Ready Position)  
Stand ready with your feet about shoulder width apart, hands closed in front of the hips, and eyes focused forward.
2. **Hidari Gedan Barai Zenkutsu Dachi** (Left Lower Sweeping Block, Front Stance)  
Look to the left and step in that direction with the left foot into a front stance while executing a left hand Lower Sweeping Block.
3. **Migi Age Uke, Hidari Chudan Gyaku Zuki Zenkutsu Dachi** (Right Rising Block followed by Left Mid-level (Sternum) Reverse Punch, Front Stance)  
Step forward into a new front stance with a rising block and punch forward to the body with the left hand.
4. **Migi Gedan Barai Zenkutsu Dachi** (Right Lower Sweeping Block, Front Stance)  
Begin by looking to the rear over the right shoulder. Keeping the left foot in place, step with the right foot to the rear, via your right side, and turn into a front stance while doing a Lower Sweeping Block with the right hand.
5. **Hidari Age Uke, Migi Chudan Gyaku Zuki Zenkutsu Dachi** (Left Rising Block followed by Right Mid-level (Sternum) Reverse Punch, Front Stance)  
Step forward into a new front stance with a rising block and punch forward to the body with the Right hand.
6. **Hidari Gedan Barai Zenkutsu Dachi** (Left Lower Sweeping Block, Front Stance)  
Look to the left and step in that direction with the left foot into a front stance while executing a left hand Lower Sweeping Block.
7. **Migi Chudan Mae Geri, Chudan Oi Zuki Zenkutsu Dachi** (Right Mid-level front kick followed by Right Mid-level (Sternum) Lunge Punch, Front Stance)  
Step forward into a new front stance and punch forward to the body with the right hand.
8. **Hidari Chudan Mae Geri, Chudan Oi Zuki Zenkutsu Dachi** (Left Mid-level front kick followed by Left Mid-level (Sternum) Lunge Punch, Front Stance)  
Step forward into a new front stance and punch forward to the body with the right hand.
9. **Migi Chudan Mae Geri, Chudan Oi Zuki Zenkutsu Dachi [Kiai]** (Right Mid-level front kick followed by Right Mid-level (Sternum) Lunge Punch, Front Stance)  
Step forward into a new front stance and punch forward to the body with the right hand. Kiai as you complete the punch.
10. **Hidari Gedan Barai Zenkutsu Dachi** (Left Lower Sweeping Block, Front Stance)  
Look to the right using your peripheral vision. Moving your left, rear, foot, pivot counter-clockwise on your right foot in a 270 degree spin. Stop and land in a front stance while executing a left hand Lower Sweeping Block.
11. **Migi Age Uke, Hidari Chudan Gyaku Zuki Zenkutsu Dachi** (Right Rising Block followed by Left Mid-level (Sternum) Reverse Punch, Front Stance)  
Step forward into a new front stance with a rising block and punch forward to the body with the left hand.
12. **Migi Gedan Barai Zenkutsu Dachi** (Right Lower Sweeping Block, Front Stance)  
Begin by looking to the rear over the right shoulder. Keeping the left foot in place, step with the right foot to the rear, via your right side, and turn into a front stance while doing a Lower Sweeping Block with the right hand.
13. **Hidari Age Uke, Migi Chudan Gyaku Zuki Zenkutsu Dachi** (Left Rising Block followed by Right Mid-level (Sternum) Reverse Punch, Front Stance)  
Step forward into a new front stance with a rising block and punch forward to the body with the Right hand.
14. **Hidari Gedan Barai Zenkutsu Dachi** (Left Lower Sweeping Block, Front Stance)  
Look to the left and step in that direction with the left foot into a front stance while executing a left hand Lower Sweeping Block.
15. **Migi Chudan Mae Geri, Chudan Oi Zuki Zenkutsu Dachi** (Right Mid-level front kick followed by Right Mid-level (Sternum) Lunge Punch, Front Stance)  
Step forward into a new front stance and punch forward to the body with the right hand.
16. **Hidari Chudan Mae Geri, Chudan Oi Zuki Zenkutsu Dachi** (Left Mid-level front kick followed by Left Mid-level (Sternum) Lunge Punch, Front Stance)  
Step forward into a new front stance and punch forward to the body with the right hand.
17. **Migi Chudan Mae Geri, Chudan Oi Zuki Zenkutsu Dachi [Kiai]** (Right Mid-level front kick followed by Right Mid-level (Sternum) Lunge Punch, Front Stance)  
Step forward into a new front stance and punch forward to the body with the right hand. Kiai as you complete the punch.
18. **Hidari Gedan Barai Zenkutsu Dachi** (Left Lower Sweeping Block, Front Stance)  
Look to the right using your peripheral vision. Moving your left, rear, foot, pivot counter-clockwise on your right foot in a 270 degree spin. Stop and land in a front stance while executing a left hand Lower Sweeping Block.
19. **Migi Age Uke, Hidari Chudan Gyaku Zuki Zenkutsu Dachi** (Right Rising Block followed by Left Mid-level (Sternum) Reverse Punch, Front Stance)  
Step forward into a new front stance with a rising block and punch forward to the body with the left hand.
20. **Migi Gedan Barai Zenkutsu Dachi** (Right Lower Sweeping Block, Front Stance)  
Begin by looking to the rear over the right shoulder. Keeping the left foot in place, step with the right foot to the rear, via your right side, and turn into a front stance while doing a Lower Sweeping Block with the right hand.
21. **Hidari Age Uke, Migi Chudan Gyaku Zuki Zenkutsu Dachi** (Left Rising Block followed by Right Mid-level (Sternum) Reverse Punch, Front Stance)  
Step forward into a new front stance with a rising block and punch forward to the body with the Right hand.

22. **Yoi** (Ready Position)

Return to the ready position by first looking to the left. Then, keeping the right foot in place, step counter clock-wise with the left foot, ending in both the same posture and location that you started the form with.

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.