

SHOSHINSHA NO KATA : SONO ICHI

1. Kumite no kamae.
2. Migi chudan tsuki:
Step back, hidari chudan soto-uke, migi chudan tsuki.
3. Migi jodan tsuki:
Step back, hidari jodan soto-uke, migi jodan tsuki, migi chudan mawashi-geri,
Keri ashi (:the kicking foot in the air) mae, turn (180)
4. Hidari chudan tsuki:
Step back, hidari gedan-barai, migi chudan tsuki.
5. Hidari jodan tsuki:
Step back, hidari uchi-uke shuto, migi jodan tsuki, foot switch, hidari chudan
mawashi-geri, turn to the left (90)
6. Migi mae-geri:
Step back, hidari soto-uke, migi jodan tsuki, migi chudan mawashi-geri, keri
ashi ushiro. (Back to normal fighting stance)
7. Hidari mae-geri:
Step back, hidari gedan-barai, migi gedan mawashi-geri, hidari jodan
mawashi-geri, keri ashi mae.
8. Hidari chudan mawashi-geri:
Hidarisune-uke, migi okuri ashi, hidari hiza-geri, maki komi nage.
9. Migi chudan mawashi-geri:
Hidari sune-uke, (mawashi-uke), migi hiza-geri, maki komi nage,
kiba dachi.
10. Migi tsuki, kumite no kamae.