

JISSEN NO KATA: SONO ICHI

1. Kumite no kamae.
2. Migi chudan tsuki:
Hidari soto-uke (inside), Migi jodan tsuki, migi hiji uchi.
3. Migi jodan tsuki:
Hidari soto-uke (inside), migi hiza-geri, migi jodan mawashi-geri.
4. Hidari chudan tsuki:
Hidari gedan-barai (inside), migi jodan tsuki, migi hiji uchi.
5. Hidari jodan tsuki:
Hidari uchi-uke shuto (inside), foot switch, hidari hiza-geri, hidari jodan mawashi-geri.
6. Migi mae-geri:
Hidari soto-uke (side step), migi uppercut, hidari hook, migi hook, migi jodan mawashi-geri.
7. Hidari mae-geri:
Hidari gedan-barai (side step), migi hook, hidari uppercut, migi jodan tsuki, migi jodan mawashi-geri.
8. Hidari chudan mawashi-geri:
Hidari hiji/sune-uke, migi gedan mawashi-geri, hidari hiza-geri, maki komi nage.
9. Migi chudan mawashi-geri:
Hidari soto hiji/sune-uke, mawashi-uke, migi hiza-geri, (pos 1), hikikuzushi.
10. Migi tsuki, migi hiji oroshi uchi, kumite no kamae.

JISSEN NO KATA: SONO NI

1. Kumite no kamae.
2. Migi chudan mawashi-geri:
Hidari hiji/sune uke, migi uchimomo-geri, migi jodan mawashi-geri.
3. Migi mae geri, migi jodan tsuki:
Step back, hidari soto-uke, side step, hidari jodan soto uke (pos 3), migi jodan tsuki, migi jodan mawashi-geri, keri ashi mae.
4. Hidari chudan mawashi-geri:
Hidari uchi hiji/sune-uke, hidari uchimomo-geri, hidari jodan mawashi-geri.
5. Hidari mae geri, hidari jodan tsuki:
Step back, hidari gedan barai, side step, hidari uchi-uke shuto, migi jodan tsuki, hidari jodan mawashi-geri.
6. Migi sankaku-geri:
Step back, hidari soto-uke (pos 3), migi uppercut, hidari hook, migi hook, migi jodan mawashi-geri.
7. Hidari sankaku-geri:
Step back, hidari gedan-barai (pos 4), migi jodan tsuki, migi gedan mawashi geri, migi jodan mawashi-geri.
8. Hidari jodan tsuki:
Hidari uchi-uke shuto + hidari cross okuri ashi (back pos 2), hidari hiza-geri, hikitaoshi (take down/throw down).
9. Migi jodan tsuki:
Side step, hidari soto uke, migi jodan tsuki, migi uchi momo geri, hikikuzushi.
10. Migi tsuki, migi hiji oroshi uchi, kumite no kamae.

NOTES:

A conventional term “UCHI-UKE” has been revised to “UCHI-UKE SHUTO” because the motion of the hands “UHI-UKE” in ASHIHARA KARATE also include “SHUTO”.

*Japanese Reference for Better Understanding:

Ashi: foot/leg

Keru/Keri: to kick

Okuru/Okuri: to send

Hiku/Hiki: to pull

keri ashi: the kicking foot in the air

okuri ashi: to take a step forward for the next movement

hiki ashi: to take a step back (to pull/slide the foot on the floor) for the next movement

Kuzusu/Kuzushi: : to level down/ to break formation (of the opponent)

hiki-kuzushi: to pull down

Taosu/Taoshi: to take down/ to throw down/to knock down

hiki-taoshi: to pull and take down

Kubi: neck

Sune: knee/shin

Hiza: kneecap

Hiji: elbow