

New International Karate Organization

Ashihara Karate

KATA

Description

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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.

SHOSHINSHA NO KATA : SONO NI

1. Kumite no kamae.
2. Migi mae-geri:
Step back, hidari soto-uke, migi chudan tsuki, hidari jodan tsuki, migi jodan hook.
3. Migi mae-geri:
Step back, hidari soto-uke, hidari-migi jodan nihon tsuki, migi gedan geri,, mawashi uke, hiki ashi, turn (180)
4. Hidari mae-geri:
Step back, hidari gedan-barai, migi chudan tsuki, hidari jodan tsuki, migi jodan hook.
5. Hidari mae-geri:
Step back, hidari gedan barai, hidari-migi jodan nihon tsuki, migi gedan mawashi geri, 90 hiki ashi, turn (90)
6. Migi jodan tsuki:
Step back, hidari soto-uke, migi chudan hook, hidari uppercut, migi jodan tsuki.
7. Hidari jodan tsuki:
Hidari uchi-uke shuto, migi chudan tsuki, migi gedan mawashi-geri, hidari chudan mawashi-geri.
8. Migi jodan mawashi-geri:
Hidari jodan-uke + hidari kansetsu-geri, migi chudan mawashi-geri. keri ashi mae, turn(180)
9. Hidari jodan mawashi-geri:
Migi jodan uke + migi jikuashi-geri, mawashi-uke (pos 2), hidari hiza-geri x 2, maki komi nage, kiba dachi.
10. Migi gedan tsuki, kumite no kamae.

SHOSHINSHA NO KATA : SONO SAN

1. Kumite no kamae.
2. Migi mae-geri:
Step back, hidari soto-uke, migi jodan mawashi-geri, migi chudan hiza-geri.
3. Hidari yoko-geri:
Step back, hidari gedan-barai, hidari kansetsu-geri, migi jodan mawashi-geri, keri ashi mae, turn (180)
4. Hidari mae-geri:
Step back, hidari gedan-barai, migi okuri ashi (South paw stance), hidari chudan hiza-geri, hidari jodan mawashi-geri.
5. Migi yoko-geri:
Step back, hidari soto-uke, hidari kansetsu-geri, migi jodan mawashi-geri, hiki ashi turn (90)
6. Migi jodan tsuki:
Step back, hidari soto-uke, migi uchimomo-geri, (mawashi-uke) , migi chudan mawashi-geri.
7. Hidari jodan tsuki:
Step back, hidari uchi-uke shuto, migi gedan mawashi-geri, hidari jodan mawashi-geri.
8. Migi jodan mawashi-geri:
Step back, migi uchimomo-geri, hidari jodan ushiro mawashi geri keri ashi ushiro, turn(180)
9. Hidari jodan mawashi-geri:
Step back, migi gedan geri, hidari gedan geri, hiki ashi (180), (step no nage) kiba dachi. (Hold the head on to the thigh)
10. Migi hiji oroshi uchi, kumite no kamae.