

# Chadwell Heath Karate Academy



## Kata's

Tyoko Sono-Ichi

Pinan's 1-5

Kushanku

## Tyoko Sono-Ichi

1. Gedanbarai, Step Junzuki Chudan in Junzuki Dachii (to side)
2. Repeat 180 degrees' behind
3. Gedanbarai in Junzuki Dachii (to Front)
4. 3 x Junzuki Chudan in Junzuki Dachii
5. Gedanbarai, Step Junzuki Chudan in Junzuki Dachii (to side)
6. Repeat 180 degrees' behind
7. Gedanbarai in Junzuki Dachii (to Front)
8. 3 x Junzuki Jodan in Junzuki Dachii
9. Gedanbarai, Step Junzuki Chudan in Junzuki Dachii (to side)
10. Repeat 180 degrees' behind

## Pinan Nidan

1. Tetsui Uke in Mahanmi Neko-Ashi Dach (Hand Over Head)
2. Junzuki in Junzuki Dach
3. Transition – Right Move straight behind, block Gedanbarai
4. Transition – Right foot pulls back into Migi-Shizentai, block Tetsui Uke
5. Junzuki in Junzuki Dach
6. Gedanbarai in Junzuki Dach
7. 3 x Jodan Uke in Junzuki Dach
8. 2 x Gedanbarai, Junzuki in Junzuki Dach 45 degrees
9. Gedanbarai in Junzuki Dach
10. 3 x Junzuki in Junzuki Dach
11. Kamae in Nukite, in Shomen Neko-Ashi dachi
12. 2 x Yonhon Nukite in Shiko Dach (Spare hand Across Stomach)
13. Kamae in Nukite, in Shomen Neko-Ashi dachi
14. 2 x Yonhon Nukite in Shiko Dach (Spare hand Across Stomach)

## Pinan Shodan

1. Soto Uke Jodan in Mahanmi Neko-Ashi Dach (Left hand protects head)
2. Hold Stance, Tetsui Uke (Spare hand returns across chest)
3. Transition – Left foot pull back to Shizentai and Stike Tetsui Uchi Jodan (Spare hand Hikite)
4. Soto Uke Jodan in Mahanmi Neko-Ashi Dach (Right hand protects head)
5. Hold Stance, Tetsui Uke (Spare hand returns across chest)
6. Transition – Right foot pull back to Shizentai and Stike Tetsui Uchi Jodan (Spare hand Hikite)
7. Transition – Left foot moves to right, turn Soto Uke Jodan, Maegeri Chudan
8. 3 x Sto Uke (Spare hand across stomach) (making sure transition between sto uke is correct – sto hand moves parallel to floor as spare hand comes to side of face) in Mahanmi Neko-Ashi Dach
9. Yonhan Nukite in Junzuki Dach (Spare hand closed)
10. 2 x Sto Uke 45 Degree to corner and repeat other side in Mahanmi Neko-Ashi Dach
11. 2 x Reverse Hand Soto Uke Jodan in Gyakuzuki Dach, Maegeri, Gyakuzuki
12. Morate Soto Uke (Normal Spare hand brought forward to reinforce) in Junzuki Dach
13. 2 x Gedanbarai, Jodan Uke in Junzuki Dach

## Pinan Sandan

1. Soto Uke Jodan in Shomen Neko-Ashi Dachi
2. Transition – Right foot meet left foot, 2 x Soto Uke Jodan, Gedanbarai in Heisoku Dachi (Don't block past your body)
3. Soto Uke Jodan in Shomen Neko-Ashi Dachi
4. Transition – Left foot meet Right foot, 2 x Soto Uke Jodan, Gedanbarai in Heisoku Dachi (Don't block past your body)
5. Soto Uke Jodan in Shomen Neko-Ashi Dachi
6. Yonhon Nukite in Junzuki Dachi (Spare hand Closed on hip)
7. Transition – Left Turn across in Junzuki Dachi, pull Nukite to top of leg, with lean in stance
8. Transition – Left foot Step straight back into Shiko Dachi, strike Tetsui Uchi (spare hand on hip)
9. Junzuki in Junzuki Dachi
10. Transition – Left foot Move to Right into Musubi Dachi, first to knuckles on fist sit on belt vertically)
11. 3x Hiji Uke, Strike Tetsui Uchi Gedan and Hikite in Shiko Dachi (Prepare the Hiji Uke) (3<sup>rd</sup> Tetsui Uchi remains out)
12. Junzuki in Junzuki Dachi
13. Transition – Right foot move to Shizentai, Left foot moves around into Jigo-Tai
14. Left elbow Ushiro Empi, Right elbow Furi Empi in Jigo-Tai
15. Transition – Right Foot Glide across and left foot follows (Suri-Ashi)
16. Right elbow Ushiro Empi, Left elbow Furi Empi in Jigo-Tai

## Pinan Yodan

1. Haishu Uke in Mahanmi Neko-Ashi Dach
2. Transition – Left Foot in Right Foot Out
3. Haishu Uke in Mahanmi Neko-Ashi Dach
4. Transition – Right move into shizentai, left move forward
5. Juji Uke (left arm under right in) in Jun Zuki Dach
6. Soto Uke Jodan (Spare Hand all the way across stomach) in Mahanmi Neko-Ashi Dach
7. Kamae (Hold Position) in Heizoku Dach
8. Gedan-Barai and Mae Geri
9. Mae Empi in Gyaku Zuki Dach
10. Transition – Right foot move to left for into Heisoku Dach and Kamae (Hold Position)
11. Gedan-Barai and Mae Geri
12. Mae Empi in Gyaku Zuki Dach
13. Transition – Twist feet into Gyaku Zuki Dach, block Kake Uke
14. Mae Geri, block teisho uke and step into Otoshi Uraken in Soe-Ashi Dach (spare hand returning to hip on strike)
15. Transition – Left foot turn to back corner, block soto uke jodan in Shomen Neko-Ashi dachi
16. Maegeri (standing foot flat) Right hand Junzuki, Left hand Gakuzkui
17. Transition – Right foot across, block soto uke jodan in Shomen Neko-Ashi Dach
18. Maegeri (standing foot flat) Left hand Junzuki, Right hand Gakuzkui
19. 3 x Soto uke Jodan (Spare hand all the way across stomach) in Mahanmi Neko-Ashi Dach
20. Transition – Left foot pulls back into Shomen Neko-Ashi Dach and block double soto uke
21. Pull both hands down to side closed, whilst striking Hiza Geri
22. Transition – Right foot down, left foot turn into Mahanmi Neko-Ashi Dach, blocking Teisho Uke with Right hand and Kake Uke with Left
23. Transition – Right foot crescent across into Mahanmi Neko-Ashi Dach, blocking Teisho Uke with Left hand and Kake Uke with Right
24. Transition – Left foot Yori-ashi (dragging step) back into Shizentai

## Pinan Godan

1. Soto Uke Jodan, Gyakuzuki Chudan in Shomen Neko-Ashi Dachii
2. Transition – Right foot move to left foot into Musubi Dachii and Kamae (Hold Position)
3. Soto Uke Jodan, Gyakuzuki Chudan in Shomen Neko-Ashi Dachii
4. Transition – Left foot move to right foot into Musubi Dachii and Kamae (Hold Position)
5. Soto Uke Jodan (Spare Hand all the way across stomach) in Mahanmi Neko-Ashi Dachii
6. Juji Uke (left arm under right in) in Jun Zuki Dachii
7. Transition – Bring hands back holding the cross position and block up Jodan Juji Uke (Left hand under Right)
8. Transition – Blocking downwards (Otosshi) whilst changing your hands to indicate a grip technique as an application, right hand blocking Taishu uke and left hand blocking Haishu uke in front of body
9. Junzuki Chudan on the spot, emphasizing the grip pull back (hikite)
10. Junzuki Chudan step forward
11. Transition – Right foot move into Shiko Dachii blocking Gedanbarai
12. Transition – Left foot move into Shizentai, blocking Gedanbarai
13. Mae Empi (Right elbow striking, left hand cover) in Junzuki Dachii
14. Morote Soto Uke (Augmented Block) (Left hand parallel to floor) in Soe-Ashi Dachii
15. Transition – Left Hand move back into Kokutsu Dachii, punching Urazuki (Keep arm straight) (Spare hand across body in reverse position)
16. Perform Jump moving backwards
17. Juji Uke in Soe-Ashi Dachii
18. Morate Soto Uke (Normal Spare hand brought forward to reinforce) in Junzuki Dachii
19. Transition – Right foot doesn't move; left foot moves back into Kokutsu Dachii blocking Gedanbarai, Left hand Kamae (Prepare/holding position)
20. Transition – Left foot move back into Musubi Dachii
21. Kokutsu Dachii blocking Gedanbarai

## Kushanku

1. Left hand on top of right in starting position in Jigo-Tai.
2. Transition – Hands rise slowly, thumbs in, hands around and down to touch
3. Left foot step out into Mahanmi Neko-Ashi Dachi, blocking Haishu Uke
4. Transition – Left Foot in Right Foot Out
5. Mahanmi Neko-Ashi Dachi, blocking Haishu Uke
6. Transition – Right foot move into Shizentai
7. Gedanbarai, Junzuki
8. Transition – Left foot moves left and slightly forward in Tate Heiko Dachi, blocking Soto Uke Jodan
9. Transition - Left foot returns to Shizentai, punching Junzuki
10. Transition – Right foot moves right and slightly forward in Tate Heiko Dachi, blocking Soto Uke Jodan
11. Transition – Left foot moves to right, turn Soto Uke Jodan, Maegeri Chudan
12. 3 x Sto Uke (Spare hand across stomach) (making sure transition between sto uke is correct – sto hand moves parallel to floor as spare hand comes to side of face) in Mahanmi Neko-Ashi Dach
13. Yohan Nukite in Junzuki Dachi (Spare hand closed)
14. Transition – Left foot move all the way across into Gyakuzuki Tsukkomi Dachi, Block Kake Uke (Spare hand protecting head)
15. Meageri, then land in Tsumasaki Dachi (back foot up to support body balance), blocking Gedanbarai (Spare hand protecting head)
16. Hold stance, Udi Uke
17. Transition – Left foot move back to Shizentai, strike Tetsui Uchi Chudan
18. Repeat steps 14 to 18
19. Transition – Left foot move back to Heisoku Dachi and Kamae (Hold Position)
20. Gedan-Barai and Mae Geri
21. Mae Empi in Gyaku Zuki Dachi
22. Transition – Right foot move to left for into Heisoku Dachi and Kamae (Hold Position)
23. Gedan-Barai and Mae Geri
24. Mae Empi in Gyaku Zuki Dachi
25. Sto Uke in Mahanmi Neko-Ashi Dachi directly behind, then Sto Uke 45 Degree to corner and repeat other side
26. Transition – Left foot steps across into Gyaku Zuki Dachi, block Kake Uke
27. Mae Geri, block teisho uke and step into Otoshi Uraken in Soe-Ashi Dachi (spare hand returning to hip on strike)
28. Transition – Left steps back to Junzuki Dachi, block Soto Uke Jodan, Punch Junzuki, Gyakuzuki
29. Turn and prepare, arms abreast, right hand closed, left hand open
30. Bring knee up (hiza geri), striking Tetsui Uchi and Teisho Uchi in Ippon-Ashi Dachi
31. Land in Ryo-Ashi Tsumasaki Dachi (back foot up to support body balance), both hand on floor
32. 2 x Sto Uke in Mahanmi Neko-Ashi Dachi



33. Soto Uke Jodan, Gyakuzuki Chudan in Shomen Neko-Ashi Dachii
34. Transition – Left foot step back, right foot step back
35. Soto Uke Jodan, Gyakuzuki Chudan, Junzuki in Shomen Neko-Ashi Dachii
36. Soto Uke Jodan, Maegeri Chudan
37. Sto uke in Mahanmi Neko-Ashi Dachii
38. Transition – left foot move into Junzuki Dachii whilst blocking Teisho uke (Spare hand on top in knife hand position)
39. Yonhon Nukite in Junzuki Dachii (Spare hand remain across stomach)
40. Transition – Pull Nukite in whilst leaning, Left foot turn into Shiko Dachii, Tetsui Uchi (Spare hand Hikite)
41. Transition – Suri-Ashi (Glide push) into Uraken remaining in Shiko dachii
42. Transition – Left foot move into Gyakuzuki Dachii, Mae Empi
43. Soto Jodan, Gedan Barai in Shizentai
44. Udi Uke in Shiko Dachii (Spare hand in soto uke jodan position) then Udi Uke with spare hand
45. Jodan Juji Uke and stand up in Shizentai
46. Transition – Left move into Junzuki Dachii, block Morate Tetsui Uke
47. Nidan Geri, land in Junzuki Dachii, stike Uraken
48. Transition – Left move into Shiko Dachii, Peforming Nage-te Waza (Hand Throwing Techinque)
49. Lift both hands into Soto Uke Jodan Position in Jigo-Tai