

KATA BOW IN (KAISHUREI)

Stand on the edge of mat or demo area

In Musubi Dachi (Attention Stance)

Raise hands level with ears with palms facing forward

Shinzen Ni Gassho - Single Clap

Face image of Founder – Kaiso in NE corner of Dojo

Kaiso Ni Keirei - Bow

Enter the demo area to a selected point - Njujo

Face Shomen - Shomen Ni Rei

Bow (In dojo to Sensei. In competition to Chief Referee)

Announce Kata with strong Kiai

After referee or Sensei acknowledges

Step forward Left foot first, then Right

Adopt Natural Stance (Shizen Hontai Dachi)

Bow (to imaginary opponent) with Kasoteki Ni Rei

Prepare your mind – (Zenshin)

Change stance to Basic defensive Closed Leg Stance (Uchimata

Jigo Hontai Dachi)

Pull fists to the sides of the chest palms upward - Kamatae

Tuck chin, tense knees and armpits

After Hajime from Sensei or Referee

Commence Ten-Chi-Jin Breathing

Push both hands forward at belt level with thumbs and

forefingers touching to form a triangle

Inhale and slowly raise hands to eye level and continue to a point above forehead level.

Exhale and make an outward circle bringing hands back to

waist level into a hard-soft guard (Goju no kamae)

with one hand open and the other closed into a fist.

The fist rests in the open hand.

The open hand depends on which side the Kata starts

KATA BOW OUT (KASHUREI)

After completing Kata return to Shinzen Hontai Dachi
with fists in front of thighs
Zanshin state of mind should be held at all time
until completion of Kata (Yame)
Raise both hands to sides of the temples
with hands facing down and outwards
at 45 degrees and inhale
Bring right foot to left foot into Musubi Dachi
and while exhaling, scoop both hands down to waist level
Bring both hands together with palms facing upwards
Inhale and bring your hands to mouth
level in front of the centre line of your body
with palms facing your mouth
Exhale and rotate the hands inwards
Push the hands down to waist height while
forming a triangle between thumbs and forefingers
Control your breathing and slow down your Ki
And in turn slow down your blood circulation
Step off with Left foot into Shizen Hontai Dachi
Bow with fighting bow to imaginary opponent
Kasoteki Ni Rei
Step back with right and then left foot into Musubi Dachi
Bow to Sensei or Referee – Shomen Ni Rei
Walk backward to edge of mat or demo area
Bow to front – Taijo
Turn to NE corner of Dojo and bow to image of Founder
Kaiso Ni Keirei
Face the front of dojo or demo area
Salute the Shinzen with a clap
Shinzen Ni Gassho