

Kofukan Standardised Katas

Part 1



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January 2013



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Introduction

All our Katas are standardised and I make an effort to teach them as standardised with their technical principles and applications. Our Katas and their principles make the major part of the identity of our Karate and I am very proud of our Karate. So it is very important that our members practise and perform our Katas as they are designed. The main aims of Kata practice are to learn and instill within ones body the principles and the applications each contains and to develop ones inner feelings and mental awareness. And the first step of this life-long practice is to learn the correct order of each Kata.

In our Kata competitions, our first priority should be to make sure people follow the correct order of Katas, including correct stances and techniques, particularly younger competitors. It is rather difficult, if not impossible, to demand more than those basics from our young competitors. We should encourage people up to 3rd Dan to be sharp, neat and full of spirit without demanding much more. The feeling of Naha-te is quite difficult to develop, so initially we require them to know the contrast of slow (soft) and fast (sharp) movements. Probably, we should leave the deeper understanding of our principles, and the self-development aspect, which are the real aim of our karate, to people of 4th Dan and above. However, if a competitor exhibits greater understanding, all well and good; this will be reflected in the scoring when it is combined with the correct basics.

I hope this will facilitate the kata judging and reduce the confusion among young competitors and their coaches.

Accordingly, I hereby give summaries of the order and correct elements of each of the Katas which are most popular in our Kata competitions (Anan, Bassai Dai, Nipapo, Seienchin, Suparinpai, Unshu, Useishi). I hope this will reduce or eliminate disputes at our events.

I also reproduce hereunder the relevant part of our Dan Grading Guide on how Katas should be performed, which I hope will also be of help.

K. Tomiyama

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Kata Performance

In assessing the performance of a Kata, the following criteria will be adopted:

- a. The Kata performance must demonstrate correct focus of attention (*Chakugan or Metsuke in Japanese*), use of power, good balance and proper breathing.
- b. The performance will also be evaluated with a view to discerning other points as shown below. A contestant is disqualified if he/she interrupts or varies the Kata. Other criteria include:
 1. Good demonstration of Kime, which is a combination of power, speed and fixation, as well as timing.
 2. Consistency and correctness of stances.
 - a. Correct weight distribution
 - b. Smooth and even transition between stances (Hara or Tanden remaining 'weighted down' without up and down movement)
 - c. Correct fixation in stance
 - d. Heels and feet edges firmly on floor unless stance requires otherwise; i.e. front heel of Nekoashi-dachi etc.
 3. Correct posture.
Although there are occasional exceptions, the torso must be kept upright with a straight neck and back. Shoulders should be kept low and relaxed.
 4. Techniques demonstrate:
 - a. Accuracy
 - b. Correct and consistent Kihon (basics)
 - c. No unnecessary movement but with necessary movement
 - d. No unnecessary force but with necessary force
 - e. Whole body involvement which does not necessarily mean that whole body should move
 - f. Proper understanding of the Kata Bunkai
 5. Pace and rhythm
 - a. Short pause between combinations
 - b. Longer pause after Kiai (but not too long to lose the flow of the Kata)
 - c. Contrast in height and length of stances
 - d. Contrast in fast and slow movements
 - e. Contrast in expansion and contraction of the body (without exaggeration)
 - f. Movement started from the previous position
 6. Kata uniformly demonstrates:
 - a. Unwavering concentration, focus and spirit
 - b. Imagination of opponents and situations
 - c. A realistic, rather than 'theatrical' demonstration of the Kata's meaning.

(from Kofukan Dan Grading Guide)

In addition, I reproduce hereunder "The Budo Charter" defined by the Japanese Budo Association. We at Kofukan practise traditional Japanese Karate which forms a part of Japanese *Budo* and shares the same ideology. Actually this ideology is not very different from fine sportsmanship and I would like to see it among our competitors.

The Budo Charter (*Budo Kensho*)

Budo, the Japanese martial ways, have their origins in the age-old martial spirit of Japan. Through centuries of historical and social change, these forms of traditional culture evolved from combat techniques (*Jutsu*) into ways of self-development (*Do*).

Seeking the perfect unity of mind and technique, *Budo* has been refined and cultivated into ways of physical training and spiritual development. The study of *Budo* encourages courteous behaviour, advances technical proficiency, strengthens the body, and perfects the mind. Modern Japanese have inherited traditional values through *Budo* which continue to play a significant role in the formation of the Japanese personality, serving as sources of boundless energy and rejuvenation. As such, *Budo* has attracted strong interest internationally, and is studied around the world.

However, a recent trend towards infatuation just with technical ability compounded by an excessive concern with winning is a severe threat to the essence of *Budo*. To prevent any possible misrepresentation, practitioners of *Budo* must continually engage in self-examination and endeavour to perfect and preserve this traditional culture.

It is with this hope that we, the member organisations of the Japanese Budo Association, established The Budo Charter in order to uphold the fundamental principles of *Budo*.

ARTICLE 1: OBJECTIVE OF BUDO

Through physical and mental training in the Japanese martial ways, *Budo* exponents seek to build their character, enhance their sense of judgement, and become disciplined individuals capable of making contributions to society at large.

ARTICLE 2: KEIKO (Training)

When training in *Budo*, practitioners must always act with respect and courtesy, adhere to the prescribed fundamentals of the art, and resist the temptation to pursue mere technical skill rather than strive towards the perfect unity of mind, body, and technique.

ARTICLE 3: SHIAI (Competition)

Whether competing in a match or doing set forms (*Kata*), exponents must externalise the spirit underlying *Budo*. They must do their best at all times, winning with modesty, accepting defeat gracefully, and constantly exhibiting self-control.

ARTICLE 4: DOJO (Training Hall)

The *Dojo* is a special place for training the mind and body. In the *Dojo*, *Budo* practitioners must maintain discipline, and show proper courtesies and respect. The *Dojo* should be a quiet, clean, safe, and solemn environment.

ARTICLE 5: TEACHING

Teachers of *Budo* should always encourage others to also strive to better themselves and diligently train their minds and bodies, while continuing to further their understanding of the technical principles of *Budo*. Teachers should not allow focus to be put on winning or losing in competition, or on technical ability alone. Above all, teachers have a responsibility to set an example as role models.

ARTICLE 6: PROMOTING BUDO

Persons promoting *Budo* must maintain an open-minded and international perspective as they uphold traditional values. They should make efforts to contribute to research and teaching, and do their utmost to advance *Budo* in every way.

Member Organizations of the Japanese Budo Association

- All Japan Judo Federation
- All Japan Kendo Federation
- All Nippon Kyudo Federation
- Japan Sumo Federation
- Japan Karatedo Federation
- Aikikai Foundation
- Shorinji Kempo Federation
- All Japan Naginata Federation
- All Japan Jukendo Federation
- Nippon Budokan Foundation



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Anan

Musubi-dachi stance and *Rei* (bow).
Announce the name of the Kata.

- 1) Put open hands together in front of groin, left hand in front. (This is exactly same as *Naotte* position.) Then, bring them up to solar plexus height with palm facing up. (This is *Naotte* position in reverse order.)
- 2) Open heels and make *Uchi-hachiji-dachi* stance. At the same time, close hands into fists and bring them down in front of groin.
- 3) Move right foot and make *Musubi-dachi* stance in left *Hammi* position. At the same time, perform right *Ko-uke* block then left *Ko-uke* block. Both hands should be brought back to right hip. Palm heels touch each other, left finger tips point up, right finger tips point down.
- 4) Step left foot forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, get into left *Shotei Kamae* (guard) in circular motion. Right *Shotei* is pulled back to side. Finger tips of both hands point up. This is a smooth movement.
- 5) Slide forward maintaining left *Moto-dachi* stance and perform, at the same time, right *Chudan Shotei Gyaku-zuki* strike (palm heel strike). Left *Shotei* is pulled back to side. Finger tips of both hands point up.
- 6) Move left foot diagonally forward and left then step right foot forward to make right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Shotei Gyaku-zuki* strike. Right *Shotei* is pulled back to side.
- 7) Move right foot diagonally forward and right then step left foot forward to make left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Shotei Gyaku-zuki* strike. Left *Shotei* is pulled back to side.
- 8) Move left foot to left, cover with left hand then perform right *Gedan Tate-nukite* (vertical spear hand) strike in circular movement. Left open hand is pulled back to hip, palm touching body.
- 9) Perform right *Chudan Mae-geri* kick.
- 10) Land right foot to right, cover with right hand then perform left *Gedan Tate-nukite* (vertical spear hand) strike in circular movement. Right open hand is pulled back to hip, palm touching body.
- 11) Perform left *Chudan Mae-geri* kick.
- 12) Cross left foot as you land it, turn clockwise 180 degrees to face rear and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Shotei Hajiki-uke* block, followed by left *Chudan Shotei Gyaku-zuki* strike. Right *Shotei* is pulled back to side.
- 13) Move right foot diagonally forward and right then step left foot forward to make left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Shotei Gyaku-zuki* strike. Left *Shotei* is pulled back to side.
- 14) Move left foot diagonally forward and left then step right foot forward to make right *Moto-dachi* stance in *Shomen* position. At the same time, perform left

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- Chudan Shotei Gyaku-zuki* strike. Right *Shotei* is pulled back to side.
- 15) Move right foot to right and perform left *Ura-uke* block and right *Shotei Harai-uke* block simultaneously. This is a smooth movement.
 - 16) Perform left *Chudan Mae-geri* kick.
 - 17) Land left foot to left and perform right *Ura-uke* block and left *Shotei Harai-uke* block simultaneously. This is a smooth movement.
 - 18) Perform right *Chudan Mae-geri* kick.
 - 19) Cross right foot as you land it, turn anti-clockwise to face rear (original front) and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Shotei-zuki* strike forward and right *Shotei Kin-uchi* strike to rear. (First over-turn body a little then perform strikes as your body returns to *Shomen* position.)
 - 20) Look right, slide to left (move left foot then right foot) to face right in right *Moto-dachi* stance in *Shomen* position. At the same time, get into right *Shotei Kamae* (guard) using a clockwise circular motion. Left *Shotei* is pulled back to side. Finger tips of both hands point up. This is a smooth movement.
 - 21) Slide back maintaining right *Moto-dachi* stance and, at the same time, perform right *Shotei Mawashi-uke* block (small circular block). Left *Shotei* stays at side.
 - 22) Cross-step in left foot forward (*Kosa-ashi*) and, at the same time, perform right *Gedan Shotei Harai-uke* block. Left *Shotei* stays at side.
 - 23) Perform right *Chudan Mae-geri* kick. Land forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Shotei Gyaku-zuki* strike. Right *Shotei* is pulled back to side.
 - 24) Cross right foot and turn anti-clockwise 180 degrees to face rear in left *Moto-dachi* stance in *Shomen* position. At the same time, get into left *Shotei Kamae* (guard) using anti-clockwise circular motion. Right *Shotei* is pulled back to side. Finger tips of both hands point up. This is a smooth movement.
 - 25) Slide back maintaining left *Moto-dachi* stance and, at the same time, perform left *Shotei Mawashi-uke* block (small circular block). Right *Shotei* stays at side.
 - 22) Cross-step in right foot forward (*Kosa-ashi*) and, at the same time, perform left *Gedan Shotei Harai-uke* block. Right *Shotei* stays at side.
 - 23) Perform left *Chudan Mae-geri* kick. Land forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Shotei Gyaku-zuki* strike. Left *Shotei* is pulled back to side.
 - 24) Look right, slide in towards right (original front), moving right foot then left foot, and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* with hand position of *Ippon-nukite* (one finger spear hand). Left hand is also *Ippon-nukite* position and pulled back to side, pointing towards opponent. This is a smooth movement.
 - 25) Pull back right hand to side in *Ippon-nukite* position, then move right foot forward to change stance into right *Shiko-dachi* in *Ma-hammi* position. At the same time, perform right *Chudan-zuki* strike with *Ippon-nukite* (horizontal position) followed immediately by right *Chudan Mawashi-empi* strike with open hand. Left hand stays at side.
 - 26) Move back right foot and change stance back to right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Shuto-uchi* strike (horizontal position) and right *Jodan Ura-uchi* strike (vertical position) consecutively. Left hand stays at side.
 - 27) Cross right foot and turn anti-clockwise 180 degrees to face rear in left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* with hand position of *Ippon-nukite* (one finger spear hand). Right hand is also *Ippon-nukite* position and pulled back to side, pointing towards opponent.

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This is a smooth movement.

- 28) Pull back left hand to side then move left foot forward to change stance into left *Shiko-dachi* in *Ma-hammi* position. At the same time, perform left *Chudan-zuki* strike with *Ippon-nukite* (horizontal position) followed immediately by left *Chudan Mawashi-empi* strike. Right hand stays at side.
- 29) Move back left foot and change stance back to left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Shuto-uchi* strike (horizontal position) and left *Jodan Ura-uchi* strike (vertical position) consecutively. Right hand stays at side.
- 30) Look right and step right foot to right to make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, extend both arms with open hands (palm down). As you are in right *Ma-hammi* position, right arm is in front. Then grab and pull to right hip, palms down and thumb sides touching each other.
- 31) Perform right *Gedan Sokuto-geri (Kansetsu-geri)* kick.
- 32) Pull back kicking foot and cross back, turn anti-clockwise 270 degrees to face original front in left *Sokkutsu-dachi* stance (wide). As you turn, perform left *Kakete* block (double arm movement, thus first right hand then left hand make anti-clockwise circular movement) followed by right *Chudan Mawashi-empi* strike with open hand. At the end, left *Kakete* hand is pulled back to side.
- 33) Perform right horizontal *Shuto-uchi* strike, then pull back to *Mawashi-empi* position. (*Kiai!*)
- 34) Move right foot back and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform double *Haito-uke* blocks. This is a smooth movement.
- 35) Bring hands to sides of lower stomach and, at the same time, perform right *Hiza-geri* kick.
- 36) Land forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform *Chudan Wa-uke* block.
- 37) Move right foot forward and change stance into right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, extend right arm forward with palm up. Left hand is placed above head with palm up.
- 38) Grab with both hands and pull in, then look back and throw towards rear with open hands. At the end, left arm is extended with palm up and right hand is placed above head with palm up.
- 39) Step right foot forward towards rear and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, extend both arms with open hands (palm down). As you are in right *Ma-hammi* position, right arm is in front. Then grab and pull to right hip in clockwise circular manner, palms down and thumb sides touching each other.
- 40) Perform right *Gedan Sokuto-geri (Kansetsu-geri)* kick.
- 41) Land and cross right foot then turn anti-clockwise 180 degrees to face original front in left *Moto-dachi* stance in *Shomen* position. At the same time, get into left *Shotei Kamae* (guard) using an anti-clockwise circular motion. Right *Shotei* is pulled back to side. Finger tips of both hands point up. This is a smooth movement.
- 42) Step left foot back slightly diagonally to left, move right foot a little to make right *Nekoashi-dachi* stance in *Hammi* position towards front. At the same time, perform right *Chudan Ko-uke* block. Left hand is placed in front of solar plexus in *Koken* position.
- 43) Step right foot back slightly diagonally to right, move left foot a little to make left *Nekoashi-dachi* stance in *Hammi* position towards front. At the same time, perform left *Chudan Ko-uke* block. Right hand is placed in front of solar plexus

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in *Koken* position.

- 44) Slide forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform *Osae-uke* block (press down block) with left palm then right *Gedan Ura-nukite* strike (spear hand with palm up). At the end, left back of hand touches the underneath of right elbow.
- 45) Slide forward maintaining left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Tateken-zuki* punch to throat. (This is actually not a punch but squeezing of the throat, but this should not be obvious in the kata). Right fist is pulled back to side. (*Kiai!*)
- 46) Step left foot back and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, get into right *Shotei Kamae* (guard) using a clockwise circular motion. Left *Shotei* is placed in front of solar plexus. Finger tips of both hands point up. This is a smooth movement.
- 47) Move right foot back and make *Musubi-dachi* stance in left *Hammi* position. At the same time, perform right *Ko-uke* block then left *Ko-uke* block. Both hands should be brought back to right hip. Palm heels touch each other, left finger tips point up, right finger tips point down.
- 48) Face straight forward in *Musubi-dachi* stance. *Naotte* position.

Bring hands to sides of thighs. *Rei* (bow).



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Bassai-Dai

Musubi-dachi and *Rei* (bow).

Close toes and make *Heisoku-dachi* stance. At the same time, place right fist and left hand in front of groin. Right fist face is touching left palm. Left hand is stretched open.

Announce the name of the Kata.

- 1) Lift right knee and bring both hands (right fist and left open hand) to left hip. Then step right foot forward and bring left foot to the outside of right foot to make *Kosa-dachi* stance (Crossed stance). At the same time, perform right *Chudan Yoko-uke* block supported by left hand (*Sasae-uke*, supported block). Left fingertips are level with right fist.
- 2) Move left foot back and turn anti-clockwise to face back in left *Zenkutsu-dachi* stance. At the same time, perform left *Chudan Yoko-uke* block.
- 3) Move back left foot a little to change stance into left *Moto-dachi*. At the same time, perform right *Chudan Yoko-uke* block.
- 4) Cross and move back right foot and turn clockwise to face back (original front) in right *Zenkutsu-dachi* stance. At the same time, perform left *Chudan Yoko-uchi* block.
- 5) Move back right foot a little to change stance to right *Moto-dachi*. At the same time, perform right *Chudan Yoko-uke* block.
- 6) Look right and move right foot back to face right in *Shiko-dachi* stance, then bring right foot in to change stance to *Hachiji-dachi* (*Soto-hachiji-dachi*). At the same time, perform right *Sukui-dome* block (block down with thumb side of forearm then scoop up). At the end, right fist is at ear height. Left fist remains pulled back at side.
- 7) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Yoko-uchi* block.
- 8) Turn the body to *Shomen* position and perform left *Yoko-uke* block.
- 9) Turn the body to left and face the original front direction in *Hachiji-dachi* stance. Place both fists at right hip, palms facing each other.
- 10) Open left heel and turn body to make right *Sokkutsu-dachi* stance (this is narrow *Sokkutsu-dachi*). At the same time, perform left *Yokobarai* block. This block is at shoulder height. Right fist remains at right hip.
- 11) Bring left heel in, turn back body and make *Hachiji-dachi* stance. At the same time, perform right *Chudan-zuki* punch. Pull back left fist as you punch.
- 12) Open right heel and turn body to make left (narrow) *Sokkutsu-dachi* stance. At the same time, perform right *Chudan Yoko-uke* block. (Make sure this is proper *Yoko-uke* block starting from left hip). Left fist remains pulled back.
- 13) Bring right heel in, turn back body and make *Hachiji-dachi* stance. At the same time, perform left *Chudan-zuki* punch. Pull back right fist as you punch.
- 14) Open left heel and turn body to make right (narrow) *Sokkutsu-dachi* stance. At the same time, perform left *Chudan Yoko-uke* block (starting from right hip).

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- Right fist remains pulled back.
- 15) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Gedan Shuto-barai* block. Left hand is placed in front of solar plexus palm facing up.
 - 16) Step left foot forward and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Gedan Shuto-barai* block. Right hand is placed in front of solar plexus palm facing up.
 - 17) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Gedan Shuto-barai* block. Left hand is placed in front of solar plexus palm facing up.
 - 18) Step right foot back and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Kakete* block. Right hand is placed in front of solar plexus palm facing down.
 - 19) Perform left *Kakete* block again. (Both hands make anti-clockwise circular movement.) Right hand is placed in front of solar plexus palm facing down.
 - 20) Drop front heel, shift weight to front leg, turn body to *Gyaku-hammi* position, pull back left *Kakete* and press right hand against (imaginary) opponent's elbow, fingers pointing up.
 - 21) Lift right knee and stamp forward using *Sokuto* part (outer edge) of right foot. Left foot follows forward (slide-in) to make *Hachiji-dachi* in right forward *Ma-hammi* position. At the same time, close hands and pull back both fists to left hip both palms facing down. (*Kiai!*)
 - 22) Turn body anti-clockwise and move left foot a little to face back in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right hand is placed in front of solar plexus palm facing up.
 - 23) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left hand is placed in front of solar plexus palm facing up.
 - 24) Bring right foot back and close left toes to make *Heisoku-dachi* stance in *Shomen* position. At the same time, perform *Jodan Wa-uke* block (circle block) directly from the previous position. Both hands are closed into fists.
 - 25) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform *Chudan Hasami-uchi* strike (double inward strike) using *Kentsui* (hammer fist). Both palms are facing up at the end.
 - 26) Slide forward and make *Shiko-dachi* stance in right forward *Ma-hammi* position. At the same time, perform right *Chudan-zuki* directly from the previous position. Left fist is pulled back to side. (*Kiai!*)
 - 27) Look back and move left foot in to make *Heisoku-dachi* stance in left *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block towards left and right *Jodan Yoko-uke* block towards right while continuing to look towards left. Right fist ends up at ear height. This is a smooth movement.
 - 28) Step right foot forward and make *Shiko-dachi* stance in right *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* block. Left forearm is placed in front of body parallel to body at solar plexus height.
 - 29) Move left foot and turn body anti-clockwise to face back in *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Yokobarai* block at shoulder height. Right fist is pulled back to side.
 - 30) Open left hand and kick the palm with right sole of foot in inward circular manner (*Uchi-mawashi-geri*). Open left hand as you kick. Do not open it before you kick.
 - 31) Land forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the

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- same time, perform right *Chudan Mawashi-empi* strike on to left palm. Both forearms are horizontal and right palm faces down.
- 32) Immediately follow up with right *Gedan Harai-uke* block from inside left forearm. Close left hand in to fist. At the end, left fist touches inside right elbow.
 - 33) Perform left *Gedan Harai-uke* block and pull right fist to inside left elbow. Blocking arm moves inside pulled-back arm.
 - 34) Follow up with right *Gedan Harai-uke* block and pull left fist to inside right elbow. Blocking arm moves inside pulled-back arm.
 - 35) Bring both fists to left hip, palms facing each other, then perform *Morote-zuki* punch (double arm punch, left *Jodan Gyaku-zuki* and right *Gedan Ura-zuki* are performed simultaneously).
 - 36) Bring right foot back to make *Musubi-dachi* stance in *Shomen* position then close left toes to change in to *Heisoku-dachi* stance in *Hammi* position. At the same time, bring both fists to right hip, palms facing each other.
 - 37) Step left foot forward and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform *Morote-zuki* punch (double arm punch, right *Jodan Gyaku-zuki* and left *Gedan Ura-zuki* performed simultaneously).
 - 38) Bring left foot back to make *Musubi-dachi* stance in *Shomen* position then close right toes to change in to *Heisoku-dachi* stance in *Hammi* position. At the same time, bring both fists to left hip, palms facing each other.
 - 39) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform *Morote-zuki* punch (double arm punch, left *Jodan Gyaku-zuki* and right *Gedan Ura-zuki* performed simultaneously).
 - 40) Move left foot and turn anti-clockwise to face back (original front) in left (wide) *Sokkutsu-dachi* stance. At the same time, perform right *Furisute* (scoop and throw down) block. Left fist is pulled back to side.
 - 41) Turn both feet towards right (in about 45 degrees angle) and switch into right (wide) *Sokkutsu-dachi* stance. At the same time, perform left *Furisute* (scoop and throw down) block. Right fist is pulled back to side.
 - 42) Look towards 45 degrees right and shift weight onto right leg. Move left foot and shift weight onto left leg to make right *Nekoashi-dachi* stance in *Hammi* position towards 45 degrees right. At the same time, perform right *Kakete* block. Left open hand is placed in front of solar plexus with palm facing down and finger tips pointing towards the opponent.
 - 43) Look towards 45 degrees left, then move right foot towards 45 degrees right rear with ball of foot touching floor. At the same time, throw away the previous opponent sharply towards 45 degrees right rear. Right arm and finger tips of both hands point around 45 degrees downwards.
 - 44) Shift weight onto right leg and move back left foot to make left *Nekoashi-dachi* stance in *Hammi* position towards 45 degrees left. At the same time, perform left *Kakete* block. Right open hand is placed in front of solar plexus with palm facing down and finger tips pointing towards the opponent.
 - 45) Keep looking at the last opponent at 45 degrees left and, keeping the same height, bring left foot back to make *Heisoku-dachi* stance. At the same time, place right fist and left hand in front of groin. Right fist face is touching left palm. Left hand is stretched open. This is *Zanshin* (reserved mind) position.
 - 46) Look forward and straighten knees to come back to the starting position.

Open toes to make *Musubi-dachi* stance. At the same time, bring both open hands to the side of thigh. *Rei* (bow).



Kofukan Standardised Katas

Nipapo

Musubi-dachi stance and *Rei* (bow). Announce the name of the Kata.

- 1) Move left foot back and face left in *Heiko-dachi* stance in *Shomen* position. *Yoi* position with fists at sides of thighs.
- 2) Look right (original front), make right *Nekoashi-dachi* stance (this can be either *Hammi* or *Shomen*) position and, at the same time, perform right *Chudan Sasae-uke* block. Left open hand supports right fist. (This is opening salutation replacing usual *Naotte* position.) This is a smooth movement.
- 3) Look left and back to previous position. (*Yoi*)
- 4) Turn body clockwise and look back. Move left foot and make right *Shiko-dachi* on *Ma-hammi* position. At the same time, perform left *Shotei Osae-uke* block and right *Chudan-zuki* punch with vertical *Hitosashi-ippou-ken* (index finger one-finger fist). At the end, left *Shotei* is placed in front of solar plexus.
- 5) Step left foot towards left 45 degrees direction (from original front) and make left *Moto-dachi* stance in *Hammi* position. At the same time, perform left *Jodan Sashite* block with open hand. (Finger tips point to opponent and palm faces right.)
Right fist is placed behind right ear. This is a smooth movement.
- 6) Change body position to *Shomen* and strike left palm with right *Kentsui-uchi* strike. (Strike with bottom fist.)
- 7) Bring left hand to original front, step right foot forward and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, strike left palm with right *Mawashi-empi* strike.
- 8) Bring right foot back and perform right *Uraken Uchi-otoshi* block. (It is possible to make right *Nekoashi-dachi* stance in *Hammi* position here, or not to fix the stance here but to carry on into the next technique in a fluid movement.) Left fist is pulled back to side but in *Hitosashi-ippou-ken* (index finger one-finger fist). Then perform right *Chudan Mae-geri* kick.
- 9) Land forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Gyaku-zuki* punch with horizontal *Hitosashi-ippou-ken* (index finger one-finger fist). (*Kiai!*) Right fist is pulled back to side.
- 10) Open back foot and change stance into right *Shiko-dachi* stance in almost *Ma-hammi* position (slightly angled because feet positions are unchanged from previous *Zenkutsu-dachi* stance). At the same time, perform right *Chudan Yoko-uchi* block. Left fist is pulled back to side.
- 11) Perform right *Yoko-barai* block (shoulder height) and left *Chudan Kagi-zuki* punch simultaneously.
- 12) Follow up with double *Yoko-uchi* blocks. This is a smooth movement.
- 13) Step left foot towards left 45 degrees direction and make left *Moto-dachi* stance in *Hammi* position. At the same time, perform left *Jodan Sashite* block with open hand. (Finger tips point to opponent and palm faces right.) Right fist is placed behind right ear. This is a smooth movement.

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- 14) Change body position to *Shomen* and strike left palm with right *Kentsui-uchi* strike. (Strike with bottom fist.)
- 15) Slide back and turn clockwise 180 degrees to face towards right 45 degrees rear direction in right *Moto-dachi* stance in *Hammi* position. At the same time, perform right *Yoko-barai* block (shoulder height) and left *Chudan Kagi-zuki* punch simultaneously.
- 16) Turn anti-clockwise 135 degrees to face original front in left *Moto-dachi* stance in *Shomen* position and kneel down on right knee. At the same time, perform left *Jodan Age-uke* block. Right fist is pulled back to side.
- 17) Follow up with right *Chudan Ura-zuki* punch. Right forearm is horizontal. Place left open hand on right upper arm just above elbow. Left palm touches right bicep.
- 18) Stand up and step right foot forward to make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Ura-zuki* punch. (Punch downwards thus right forearm is not horizontal.) Place left open hand on right upper arm just above elbow as before.
- 19) Slide forward and regain right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Age-zuki* punch. (Punch upwards thus right forearm is not horizontal.) Place left open hand in front of right forearm near elbow. Left palm touches right forearm.
- 20) Move left foot and turn anti-clockwise 270 degrees to face right in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Gedan Shuto-barai* block. Right fist is pulled back to side.
- 21) Turn body position to *Shomen* and perform right *Gedan Shuto Uchi-barai* block. Left open hand is placed in front of right upper arm.
- 22) Turn back body to *Hammi* position and perform left *Gedan Shuto-barai* block. Right fist is pulled back to side.
- 23) Shift weight and face back (original left) in right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Jodan Yoko-uke* block. Left forearm covers forehead. (Same position as *Pin'an Shodan* opening movement)
- 24) Shift weight and face back (original right) in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Jodan Yoko-uke* block. Right forearm covers forehead. (Same position as *Pin'an Shodan* opening movement)
- 25) Look right (original rear) and lift right knee. At the same time, perform double *Kakete* blocks. This is a smooth movement.
- 26) Land right foot to right rear 45 degrees angle to face left 45 degrees angle in *Moto-dachi* stance in *Shomen* position. At the same time, place both hands at right hip, palms touching each other (left on top), right finger tips point to opponent and left finger tips point right. This is a smooth movement.
- 27) Slide forward and push hands forward. This is a smooth movement.
- 28) Look right 45 degrees direction, turn hands (right on top) and bring them to left hip, left finger tips point to opponent and right finger tips point left. Slide towards right 45 degrees direction from right foot and push hands forward. (Right foot steps in and left foot follows.) This is a smooth movement.
- 29) Look in straight forward direction (original rear) and bring back both hands to left hip in circular manner. Slide towards forward direction from right foot and push hands forward. (Right foot steps in and left foot follows.) This is a smooth movement.
- 30) Turn anti-clockwise and look back (original front). Perform right *Shuto Kiri-otoshi* then left *Shuto Kiri-otoshi* blocks (cutting down block) as you step forward with the right foot.

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- 31) Make right *Shiko-dachi* stance in *Ma-hammi* position and, at the same time, perform right *Chudan Tate-nukite* strike (vertical four finger spear hand). Left open hand is placed at solar plexus, palm touching body.
- 32) As you step forward with the left foot, perform left *Shuto Kiri-otoshi* then right *Shuto Kiri-otoshi* blocks.
- 33) Make left *Shiko-dachi* stance in *Ma-hammi* position and, at the same time, perform left *Chudan Tate-nukite* strike. Right open hand is placed at solar plexus, palm touching body.
- 34) Move right foot and make right *Moto-dachi* stance in *Shomen* position towards right rear 45 degrees direction. At the same time, perform right *Gedan Ura-zuki* punch. (Punch downwards thus right forearm is not horizontal.) Place left open hand on right upper arm just above elbow.
- 35) Slide forward and regain right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Age-zuki* punch. (Punch upwards thus right forearm is not horizontal.) Place left open hand in front of right forearm near elbow. Left palm touches right forearm.
- 36) Move left foot and turn anti-clockwise to rear towards left 45 degrees direction and make left *Moto-dachi* stance in *Hammi* position. At the same time, perform left *Jodan Sashite* block with open hand. (Finger tips point to opponent and palm faces right.) Right fist is placed behind right ear. This is a smooth movement.
- 37) Change body position to *Shomen* and strike left palm with right *Kentsui-uchi* strike. (Strike with bottom fist.)
- 38) Follow up with right *Mae-geri* kick. (*Kiai!*)
- 39) Land right foot to straight forward direction (original front) and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Ura-zuki* punch. (Punch downwards thus right forearm is not horizontal.) Place left open hand on right upper arm just above elbow.
- 40) Slide forward and regain right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Age-zuki* punch. (Punch upwards thus right forearm is not horizontal.) Place left open hand in front of right forearm near elbow. Left palm touches right forearm.
- 41) Cross left foot and turn anti-clockwise 180 degrees to face rear in left *Zenkutsu-dachi* stance in *Gyaku-hammi* position. At the same time, perform right *Chudan Hiji-uke* block (elbow block). Left fist is pulled back to side.
- 42) Turn back body to *Shomen* position and, at the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
- 43) Open left hand and kick it with sole of right foot, then land back to original *Zenkutsu-dachi* stance in *Shomen* position. As you land, strike left hand with right *Kentsui-uchi* strike (bottom fist strike). Upper body may lean forward a little for this technique.
- 44) Step right foot forward and make right *Zenkutsu-dachi* stance in *Gyaku-hammi* position. At the same time, perform left *Chudan Hiji-uke* block (elbow block). Right fist is pulled back to side.
- 45) Turn back body to *Shomen* position and, at the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
- 46) Open right hand and kick it with sole of left foot, then land back to original *Zenkutsu-dachi* stance in *Shomen* position. As you land, strike right hand with left *Kentsui-uchi* strike (bottom fist strike). Upper body may lean forward a little for this technique.
- 47) Step left foot forward and make left *Heiko-dachi* in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block followed by right *Chudan*

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- Gyaku-zuki* punch. Left fist is pulled back to side.
- 48) Step right foot forward and make right *Heiko-dachi* in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block followed by left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
 - 49) Move right foot forward and change stance into right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform *Morote Chudan Heiko-zuki* punch (double parallel punch). Both fists make circular pulling back movements before punching. (This is blocking but not obvious in the kata.)
 - 50) Pull back right foot and change stance to right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Morote Chudan Yoko-uke* block (double arm block).
 - 51) Turn anti-clockwise 180 degrees to face rear (original front) in left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Sasae-uke* block. Left open hand supports right fist. (This is closing salutation replacing usual *Naotte* position.) This is a smooth movement.
 - 52) Move left foot back to make *Musubi-dachi* stance in *Shomen* position. At the same time, bring both open hands to side of thigh.

Rei (bow).



Kofukan Standardised Katas

Seienchin

Musubi-dachi stance and *Rei* (bow).

Naotte position then announce the name of the Kata.

Open heels and make *Uchi-Hachiji-dachi* stance, bring fists to the sides of the body.

(This is *Higaonna* group's *Yoi* position.)

- 1) Continuing to look straight forwards, step right foot forward towards right 45 degrees angle forward and make right *Shiko-dachi* stance in 45 degrees angle. At the same time, open both hands and extend arms to sides.
- 2) Bring both hands to chest with backs of hands touching each other. Both elbows must be kept down and closed.
- 3) Roll hands forward and close hands into fists, then perform *Gedan Harai-uke* blocks to both sides. This is a slow movement with *Sanchin* breathing.
- 4) Perform right *Haito-uke* block, left open hand is placed in front of solar plexus with palm up and finger tips pointing forward (towards the opponent). Make sure to block towards front and not towards right 45 degrees direction.
- 5) Turn right hand into *Kakete* (hook hand) position and pull back to side. As you pull back right *Kakete*, perform left *Ura-nukite* (reverse spear hand with palm facing up) towards 45 degrees right. This is a smooth movement. Make sure you keep looking straight forward.
- 6) Step left foot forward and make left *Shiko-dachi* stance in 45 degrees angle. At the same time, extend both arms with open hands to sides.
- 7) Bring both hands to chest with backs of hands touching each other. Both elbows must be kept down and closed.
- 8) Roll hands forward and close hands into fists, then perform *Gedan Harai-uke* blocks to both sides. This is a slow movement with *Sanchin* breathing.
- 9) Perform left *Haito-uke* block, right open hand is placed in front of solar plexus with palm up and finger tips pointing forward (towards the opponent). Make sure to block towards front and not towards left 45 degrees direction.
- 10) Turn left hand into *Kakete* (hook hand) position and pull back to side. As you pull back left *Kakete*, perform right *Ura-nukite* (reverse spear hand with palm facing up) towards 45 degrees left. This is a smooth movement. Make sure you keep looking straight forward.
- 11) Step right foot forward and make right *Shiko-dachi* stance in 45 degrees angle. At the same time, extend both arms with open hands to sides.
- 12) Bring both hands to chest with backs of hands touching each other. Both elbows must be kept down and closed.
- 13) Roll hands forward and close hands into fists, then perform *Gedan Harai-uke* blocks to both sides. This is a slow movement with *Sanchin* breathing.
- 14) Perform right *Haito-uke* block, left open hand is placed in front of solar plexus with palm up and finger tips pointing forward (towards the opponent). Make sure to block towards front and not towards right 45 degrees direction.
- 15) Turn right hand into *Kakete* (hook hand) position and pull back to side. As you pull back right *Kakete*, perform left *Ura-nukite* (reverse spear hand with palm

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- facing up) towards 45 degrees right. This is a smooth movement. Make sure you keep looking straight forward.
- 16) Lift right knee and, at the same time, place right fist and left open hand in front of chest. Right back of hand touches left palm, so both palms face towards chest. Both elbows must be kept down and closed.
 - 17) Land right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Sasae Oi-zuki* with left palm on right back of hand. This punch is normally done with the corner of the base joint (knuckle) of the little finger (*Koyubi-ken*) but it is also acceptable to do it with normal fist (*Seiken*).
 - 18) Step right foot back and make left *Moto-dachi* stance in *Shomen* position. At the same time, pull back right fist to side while leaving left hand as it is. Then, perform right *Chudan Tate-empi* strike on left palm, which is pulled back to meet right elbow. (*Kiai!*)
 - 19) Move right foot in circular manner to face right 45 degrees direction in right *Sanchin-dachi* stance. At the same time, perform right *Chudan Sasae-uke* block in circular manner. Left finger tips are level with right fist face. This is a smooth movement.
 - 20) Step left foot forward (towards 45 degree direction) and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block. (This is actually *Kin-uchi* strike but movement is like *Harai-uke* block.) Pull back right fist to side.
 - 21) Step left foot back and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* block. Pull back left fist to side.
 - 22) Move left foot in circular manner to face left 45 degrees direction in left *Sanchin-dachi* stance. At the same time, perform left *Chudan Sasae-uke* block in circular manner. Right finger tips are level with left fist face. This is a smooth movement.
 - 23) Step right foot forward (towards 45 degree direction) and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* block. (This is actually *Kin-uchi* strike but movement is like *Harai-uke* block.) Pull back left fist to side.
 - 24) Step right foot back and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block. Pull back right fist to side.
 - 25) Step left foot back (in 135 degrees angle) and make right *Shiko-dachi* stance in *Ma-hammi* position towards original front. At the same time, perform right *Gedan Shotei Harai-uke* block (*Harai-uke* block with palm heel). Left open hand is placed in front of forehead with palm facing out. (Arms are crossed first with right arm inside before blocking.) This is a slow movement with *Sanchin* breathing.
 - 26) Step right foot back and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Shotei Harai-uke* block (*Harai-uke* block with palm heel). Right open hand is placed in front of forehead with palm facing out. (Arms are crossed first with left arm inside before blocking.) This is a slow movement with *Sanchin* breathing.
 - 27) Step right foot forward in (anti-clockwise) circular manner and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uchi* block on left palm. Left palm is placed inside forearm near elbow.
 - 28) Slide forward (*Yori-ashi*) and perform right *Jodan Ura-uchi* strike. (*Kiai!*) Left palm remains inside right forearm and right fist is pulled back to *Yoko-uchi* position after strike.

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- 29) Cross front foot with *Sokuto* part touching floor (like *Sanchin* kata) and turn anti-clockwise 135 degrees to face 45 degrees left rear in left *Sanchin-dachi* stance. (Do not cross too deeply as, if you do, you end up in right *Sanchin-dachi*.) At the same time, perform left *Chudan Yoko-uke* block. Right fist is placed in front of groin to cover. This is a smooth movement.
- 30) Open left hand and turn into *Kakete*. Step right foot forward (to 45 degrees direction) and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Age-zuki* punch. Left *Shotei* is placed in front of solar plexus, palm facing towards opponent.
- 31) Follow up with right *Jodan Ura-uchi* strike, then with right *Gedan Harai-uke* block. Left hand remains in front of solar plexus with *Ura-uchi* strike but closed into fist and pulled back to side with *Harai-uke* block.
- 32) Step right foot back (on this 45 degrees direction) and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
- 33) Turn head 135 degrees clockwise to face original front, move right foot and make right *Nekoashi-dachi* stance in *Hammi* position towards that direction (original front). At the same time, perform right *Mawashi-empi* strike. Left fist is pulled back to side.
- 34) Step right foot back and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Mawashi-empi* strike. Right fist is pulled back to side.
- 35) Cross front foot with *Sokuto* part touching floor (like *Sanchin* kata) and turn clockwise 135 degrees to face 45 degrees right rear in right *Sanchin-dachi* stance. (Do not cross too deeply as, if you do, you end up in left *Sanchin-dachi*.) At the same time, perform right *Chudan Yoko-uke* block. Left fist is placed in front of groin to cover. This is a smooth movement.
- 36) Open right hand and turn into *Kakete*. Step left foot forward (to 45 degrees direction) and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Age-zuki* punch. Right *Shotei* is placed in front of solar plexus, palm facing towards opponent.
- 37) Follow up with left *Jodan Ura-uchi* strike, then with left *Gedan Harai-uke* block. Right hand remains in front of solar plexus with *Ura-uchi* strike but closed into fist and pulled back to side with *Harai-uke* block.
- 38) Step left foot back (on this 45 degrees direction) and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
- 39) Turn head 135 degrees anti-clockwise to face original front, move left foot and make left *Nekoashi-dachi* stance in *Hammi* position towards that direction (original front). At the same time, perform left *Mawashi-empi* strike. Right fist is pulled back to side.
- 40) Step left foot back and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Mawashi-empi* strike. Left fist is pulled back to side.
- 41) Perform left *Shotei Osae-uke* block forward in circular manner. At the end, left *Shotei* is placed next to right elbow. This is a smooth movement.
- 42) Slide forward in right *Nekoashi-dachi* stance (right foot rolls in heel → ball of foot movement) and, at the same time, perform right *Jodan Ura-uchi* strike. (*Kiai!*) Right fist is fixed at striking position and left *Shotei* remains at same place.
- 43) Step right foot back, extend both open hands forward with palms facing up, make

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left *Nekoashi-dachi* stance in *Shomen* position and, at the same time, perform double *Hiji-uke* blocks (elbow block). At the end, hands are placed in front of chest palms down. Finger tips of both hands are quite close but not touching each other. This is a smooth movement.

- 44) Move left foot back and make *Musubi-dachi* stance in *Shomen* position. *Naotte* position.

Move hands to sides, *Rei* (bow).



Kofukan Standardised Katas

Suparinpai

Musubi-dachi stance and *Rei* (bow).

Naotte position then announce the name of the Kata.

Open heels and make *Uchi-Hachiji-dachi* stance, bringing fists to the sides of the body.

(This is *Higaonna* group's *Yoi* position.)

1. Move right foot forward and make right *Sanchin-dachi* stance. At the same time, perform double *Chudan Yoko-uke* blocks to make *Sanchin-kamae* (*Sanchin* position.)
2. Pull back left fist then perform left *Chudan-zuki*. Bring back to left *Chudan Yoko-uke* position immediately.
3. Step left foot forward and make left *Sanchin-dachi* stance.
4. Pull back right fist then perform right *Chudan-zuki*. Bring back to right *Chudan Yoko-uke* position immediately.
5. Step right foot forward and make right *Sanchin-dachi* stance.
6. Pull back left fist then perform left *Chudan-zuki*. Bring back to left *Chudan Yoko-uke* position immediately.
7. Open both hands and bring to chest. Then, push to the sides with *Shotei* (Palm heel) at shoulder height. This is a smooth movement.
8. Step left foot forward and make left *Sanchin-dachi* stance. Then perform *Tomoe-uke* block from right hip finishing with right *Jodan Shotei-zuki* and left *Gedan Shotei-zuki* (no slide). This *Tomoe-uke* can be a basic form (from hip) or an advanced form (from crossed arms position). This is a smooth movement..
9. Step right foot forward and make right *Sanchin-dachi* stance. Then perform *Tomoe-uke* block from left hip finishing with left *Jodan Shotei-zuki* and right *Gedan Shotei-zuki*. Slight step and slide-in footwork is permissible here. This *Tomoe-uke* can be a basic form or an advanced form. This is a smooth movement.
10. Perform right *Ura-uke* block then turn hand to *Kakete* block. Left open hand is pulled to solar plexus with palm facing up. Pull right *Kakete* hand to right hip and, at the same time, perform left *Chudan Ura-nukite* strike towards right (slightly forward). Eyes must be fixed straight forward (not to the right or diagonally right). This is a smooth movement. (This is the 1st of 4 sets)
11. Cross front foot (right foot) and turn 180 degrees to face back in left *Sanchin-dachi* stance. Then perform *Tomoe-uke* block from right hip finishing with right *Jodan Shotei-zuki* and left *Gedan Shotei-zuki*. This *Tomoe-uke* can be a basic form or an advanced form. This is a smooth movement..
12. Step right foot forward and make right *Sanchin-dachi* stance. Then perform *Tomoe-uke* block from left hip finishing with left *Jodan Shotei-zuki* and right *Gedan Shotei-zuki*. This *Tomoe-uke* can be a basic form or an advanced form. This is a smooth movement. Slight step and slide-in footwork is permissible.
13. Perform right *Ura-uke* block then turn hand to *Kakete* block. Left open hand is pulled to solar plexus with palm facing up. Pull right *Kakete* hand to right hip

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- and, at the same time, perform left *Chudan Ura-nukite* strike towards right (slightly forward). Eyes must be fixed straight forward (not to the right or diagonally right). This is a smooth movement. (2nd set)
14. Slide towards the left and make left *Sanchin-dachi* stance. Then perform *Tomoe-uke* block from right hip finishing with right *Jodan Shotei-zuki* and left *Gedan Shotei-zuki*. This *Tomoe-uke* can be a basic form or an advanced form. This is a smooth movement.
 15. Step right foot forward and make right *Sanchin-dachi* stance. Then perform *Tomoe-uke* block from left hip finishing with left *Jodan Shotei-zuki* and right *Gedan Shotei-zuki*. This *Tomoe-uke* can be a basic form or an advanced form. This is a smooth movement. Slight step and slide-in footwork is permissible.
 16. Perform right *Ura-uke* block then turn hand to *Kakete* block. Left open hand is pulled to solar plexus with palm facing up. Pull right *Kakete* hand to right hip and, at the same time, perform left *Chudan Ura-nukite* strike towards right (slightly forward). Eyes must be fixed straight forward (not to the right or diagonally right). This is a smooth movement. (3rd set)
 17. Cross front foot (right foot) and turn 180 degrees to face back in left *Sanchin-dachi* stance. Then perform *Tomoe-uke* block from right hip finishing with right *Jodan Shotei-zuki* and left *Gedan Shotei-zuki*. This *Tomoe-uke* can be a basic form or an advanced form. This is a smooth movement.
 18. Step right foot forward and make right *Sanchin-dachi* stance. Then perform *Tomoe-uke* block from left hip finishing with left *Jodan Shotei-zuki* and right *Gedan Shotei-zuki*. This *Tomoe-uke* can be a basic form or an advanced form. This is a smooth movement. Slight step and slide-in footwork is permissible.
 19. Perform right *Ura-uke* block then turn hand to *Kakete* block. Left open hand is pulled to solar plexus with palm facing up. Pull right *Kakete* hand to right hip and, at the same time, perform left *Chudan Ura-nukite* strike towards right (slightly forward). Eyes must be fixed straight forward (not to the right or diagonally right). This is a smooth movement. (4th set)
 20. Move left foot back a little and make right *Nekoashi-dachi* stance. At the same time, perform right *Ura-uke* block. Left hand is placed in front of solar plexus with palm facing towards opponent and fingertips pointing up. Then pull back both hands to sides with left fingertips pointing up and the right pointing down. Follow up with simultaneous left *Jodan Shotei-zuki* and right *Gedan Shotei-zuki*. This is a smooth movement. (This is the 1st of 3)
 21. Pivot on ball of right of foot and turn 180 degrees. Make left *Nekoshi-dachi* stance and, at the same time, perform left *Ura-uke* block. Right hand is placed in front of solar plexus with palm facing towards opponent and fingertips pointing up. Then pull back both hands to sides with right fingertips pointing up and the left pointing down. Follow up with simultaneous right *Jodan Shotei-zuki* and left *Gedan shotei-zuki*. This is a smooth movement. (2nd)
 22. Look right and move left foot to left. Turn towards right and make right *Nekoashi-dachi* stance. At the same time, perform right *Ura-uke* block. Left hand is placed in front of solar plexus with palm facing towards opponent and fingertips pointing up. Then pull back both hands to sides with left fingertips point up and the right pointing down. Follow up with simultaneous left *Jodan Shotei-zuki* and right *Gedan Shotei-zuki*. This is a smooth movement. (3rd)
 23. Cross right foot with its outer edge touching the floor (*Sanchin* turning) and place both fists on right hip, palms facing each other, left on top of right. Then turn 180 degrees and make left *Sanchin-dachi* stance. At the same time, perform left *Chudan Yoko-uke* and right *Chudan Gyaku-zuki* simultaneously.

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24. Step right foot forward and make right *Sanchin-dachi* stance. At the same time, perform right *Gedan Harai-uke* block. Left hand is pulled back. Slight step and slide-in footwork is permissible.
25. Keeping right *Gedan Harai-uke* as it is, perform left *Chudan Gyaku-zuki* punch. (This is the first of 4 sets)
26. Cross right foot with its outer edge touching the floor (*Sanchin* turning) and place both fists on right hip, palms facing each other, left on top of right. Then turn 180 degrees and make left *Sanchin-dachi* stance. At the same time, perform left *Chudan Yoko-uke* and right *Chudan Gyaku-zuki* simultaneously.
27. Step right foot forward and make right *Sanchin-dachi* stance. At the same time, perform right *Gedan Harai-uke* block. Left hand is pulled back. Slight step and slide-in footwork is permissible.
28. Keeping right *Gedan Harai-uke* as it is, perform left *Chudan Gyaku-zuki* punch. (2nd set)
29. Look left and place both fists on right hip, palms facing each other, left on top of right. Slide towards left and make left *Sanchin-dachi* stance. At the same time, perform left *Chudan Yoko-uke* and right *Chudan Gyaku-zuki* simultaneously.
30. Step right foot forward and make right *Sanchin-dachi* stance. At the same time, perform right *Gedan Harai-uke* block. Left hand is pulled back. Slight step and slide-in footwork is permissible.
31. Keeping right *Gedan Harai-uke* as it is, perform left *Chudan Gyaku-zuki* punch. (3rd set)
32. Cross right foot with its outer edge touching the floor (*Sanchin* turning) and place both fists on right hip, palms facing each other, left on top of right. Then turn 180 degrees and make left *Sanchin-dachi* stance. At the same time, perform left *Chudan Yoko-uke* and right *Chudan Gyaku-zuki* simultaneously.
33. Step right foot forward and make right *Sanchin-dachi* stance. At the same time, perform right *Gedan Harai-uke* block. Left hand is pulled back. Slight step and slide-in footwork is permissible.
34. Keeping right *Gedan Harai-uke* as it is, perform left *Chudan Gyaku-zuki* punch. (4th set)
35. Look left to 45 degree angle and step right foot back at right 45 degree angle to make left *Shiko-dachi* stance in *Ma-hammi* (side-facing) position. At the same time, perform left *Chudan Ura-uke* block (towards left 45 degree angle). Right open hand is placed in front of solar plexus with palm facing up.
36. Turn left hand and press down with palm (*Osae-uke* block) then step right foot forward (towards left 45 degree angle) and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan-zuki* with *Hitosashi-ippou-ken* (index finger one-finger fist) in vertical position (palm facing towards left) which passes on top of left back of hand. At the end, left hand is placed under right upper arm with palm facing down.
37. Bring both fists to chest then perform double *Gedan Harai-uke* blocks towards both sides. (This is the 1st of 4 sets)
38. Look back towards left and perform left *Chudan Ura-uke* block. Right open hand is placed in front of solar plexus with palm facing up.
39. Turn left hand and press down with palm (*Osae-uke* block) then step right foot forward and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan-zuki* with *Hitosashi-ippou-ken* (index finger one-finger fist) in vertical position (palm facing towards left) which passes on top of left back of hand. At the end, left hand is placed under right upper arm with palm facing down.

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40. Bring both fists to chest then perform double *Gedan Harai-uke* blocks towards both sides. (2nd set)
41. Look left 45 degrees angle and step right foot back at right 45 degrees angle to make left *Shiko-dachi* stance in *Ma-hammi* (side-facing) position. (You actually make 90 degrees turn, as you have been on 45 degrees angle line.) At the same time, perform left *Chudan Ura-uke* block (towards left 45 degrees angle). Right open hand is placed in front of solar plexus with palm facing up.
42. Turn left hand and press down with palm (*Osae-uke* block) then step right foot forward and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan-zuki* with *Hitosashi-ippon-ken* (index finger one-finger fist) in vertical position (palm facing towards left) which passes on top of left back of hand. At the end, left hand is placed under right upper arm with palm facing down.
43. Bring both fists to chest then perform double *Gedan Harai-uke* blocks towards both sides. (3rd set)
44. Look back towards left and perform left *Chudan Ura-uke* block. Right open hand is placed in front of solar plexus with palm facing up.
45. Turn left hand and press down with palm (*Osae-uke* block) then step right foot forward and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan-zuki* with *Hitosashi-ippon-ken* (index finger one-finger fist) in vertical position (palm facing towards left) which passes on top of left back of hand. At the end, left hand is placed under right upper arm with palm facing down.
46. Bring both fists to chest then perform double *Gedan Harai-uke* blocks towards both sides. (4th set)
47. Move right foot and make left *Sanchin-dachi* stance towards front (direction where you started the Kata). At the same time, perform left *Gedan Osae-uke* block. Right fist is pulled back.
48. Step right foot forward and make right *Sanchin-dachi* stance. At the same time, perform right *Chudan Kakete* block. Left hand is placed in front of solar plexus palm facing down.
49. Step left foot forward and make left *Zenkutsu-dachi* stance. At the same time, push left *Shotei* (palm heel) forward fingertips pointing up and press right *Shotei* down at the side of right thigh fingertips pointing forward simultaneously.
50. Perform right *Mae-geri* kick. Land forward and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Mawashi-empi* strike on left palm followed by right vertical *Ura-uchi* strike. (*Kiai!*) Left palm stays at inside elbow.
51. While keeping looking the same direction (front), drop right fist and extend elbow. At the same time, move left hand to the outside of right upper arm. Then pull back right fist to the side while scraping right upper arm down with left *Shotei*.
52. Move right foot and turn anti-clockwise towards back to make left *Sanchin-dachi* stance. At the same time, perform left *Chudan Ura-uke* block and right *Kin-uchi* strike (groin strike) with palm towards back simultaneously. Right hand naturally drops down to the side of right buttock after strike. Then turn left hand into *Kakete* position.
53. Step right foot forward and make right *Sanchin-dachi* stance. At the same time, cross arm in front of the body (left hand at right shoulder and right hand at left hip) then perform right *Chudan Ura-uke* block and left *Gedan Shotei Harai-uke* block simultaneously. Left *Shotei* ends at side of left thigh. Then turn right hand

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- into *Kakete* position. (This is the 1st of 3)
54. Step left foot forward and make left *Sanchin-dachi* stance. At the same time, cross arm in front of the body (right hand at left shoulder and left hand at right hip) then perform left *Chudan Ura-uke* block and right *Gedan Shotei Harai-uke* block simultaneously. Right *Shotei* ends at side of right thigh. Then turn left hand into *Kakete* position. (2nd)
 55. Step right foot forward and make right *Sanchin-dachi* stance. At the same time, cross arm in front of the body (left hand at right shoulder and right hand at left hip) then perform right *Chudan Ura-uke* block and left *Gedan Shotei Harai-uke* block simultaneously. Left *Shotei* ends at side of left thigh. Then turn right hand into *Kakete* position. (3rd)
 56. Move right foot forward and turn anti-clockwise to face the rear in left *Ma-hammi Shiko-dachi* stance. At the same time, perform left *Ura-uke* block. Right hand is placed in front of solar plexus palm facing up.
 57. Kick left hand with right *Uchi-mawashi-geri*. Right sole of foot hits left palm. Turn 180 degrees to face the same direction in left *Hammi Nekoashi-dachi* stance. As you make left *Nekoashi-dachi* stance, perform left *Chudan Kakete* block. Right hand is placed in front of solar plexus palm facing down.
 58. Jump and perform *Nidan-geri* kicks, first left, then right. Land forward in right *Ma-hammi Shiko-dachi* stance. At the same time, perform right *Mawashi-empi* strike on left palm followed by right vertical *Ura-uchi* strike. Left palm stays at inside elbow.
 59. Move right foot and turn 180 degrees anti-clockwise to make left *Sanchin-dachi* stance. At the same time, perform left *Chudan Kakete* block. Right hand is placed in front of solar plexus palm facing down.
 60. Move left foot forward and make left *Zenkutsu-dachi* stance. At the same time, perform right *Chudan Gyaku-zuki* with *Nukite* (four fingers spear hand) palm facing down. Left palm is placed on top of left upper arm. (*Kiai* !)
 61. Cross left foot and turn clockwise to make right *Shiko-dachi* stance in 45 degrees angle. (Stance is at 45 degrees angle but look straight forward.) At the same time, perform right *Ko-uke* (*Koken-uke*). Left *Koken* is placed in front of solar plexus. Then change both hands into *Nukite* position, palm facing down and fingertips pointing towards the opponent (straight forward).
 62. Move right foot back and make *Musubi-dachi* stance. *Naotte* position.

Bring hands to the sides and *Rei* (bow).



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Unshu

Musubi-dachi stance and *Rei* (bow).

Naotte position then announce the name of the Kata.

- 1) Move right foot to right and make *Hachiji-dachi* stance in *Shomen* position. At the same time, lift both elbows and bring hands to chest.
- 2) Move hands to sides and point the fingertips outwards at shoulder level, then extend arms to sides. This is a smooth movement.
- 3) Step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Morote Hitosashi-ippou-nukite Haishu-uke* block. (This is basically double *Haishu-uke* block but with hands in *Hitosashi-ippou-nukite* position.)
- 4) Pull back left hand then perform left *Chudan Ippou-nukite* strike. Bring back to *Haishu-uke* position.
- 5) Keeping upper body as it is, step left foot forward and make left *Nekoashi-dachi* stance in *Shomen* position. Fix the stance, then pull back right hand and perform right *Chudan Ippou-nukite* strike. Bring back to *Haishu-uke* position.
- 6) Keeping upper body as it is, step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position. Fix the stance, then pull back left hand and perform left *Chudan Ippou-nukite* strike. Bring back to *Haishu-uke* position.
- 7) Turn left and make left *Heiko-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Kuri-uke* block. Right fist is pulled back to side. Then follow up with right *Chudan Gyaku-zuki* punch. Left hand is pulled back to side as it is. (Finger tips point up.)
- 8) Cross left foot and turn clockwise 180 degrees to make right *Heiko-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Kuri-uke* block. Left fist is pulled back to side. Then follow up with left *Chudan Gyaku-zuki* punch. Right hand is pulled back to side as it is. (Finger tips point up.)
- 9) Step left foot forward and turn right (to face original rear) to make right *Heiko-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Kuri-uke* block. Left fist is pulled back to side. Then follow up with left *Chudan Gyaku-zuki* punch. Right hand is pulled back to side as it is. (Finger tips point up.)
- 10) Go down to the floor on both hands and right knee, and perform left *Ushiro-geri* kick.
- 11) Bring back left kick and put left knee on the floor, and perform right *Ushiro-geri* kick.
- 12) Bring back right kick and, continuing to look back, step right foot forward then left foot to make right *Shiko-dachi* stance in *Ma-hammi* position towards rear (original front). At the same time, bring both arms in front of body, right on top with both hands open and palms facing down. Then extend arms to sides, palms still facing down.
- 13) Bring left foot to side of right foot then step right foot back to make left *Zenkutsu-dachi* in *Shomen* position. At the same time, perform left *Kaisho* (open

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- hand) *Tate-empi* strike and right *Shotei* (palm heel) *Osae-uke* block simultaneously. At the end, right *Shotei* is at side of thigh.
- 14) Bring right foot to side of left foot then step left foot back to make right *Zenkutsu-dachi* in *Shomen* position. At the same time, perform right *Kaisho* (open hand) *Tate-empi* strike and left *Shotei* (palm heel) *Osae-uke* block simultaneously. At the end, left *Shotei* is at side of thigh.
 - 15) Turn body into *Gyaku-hammi* position, open right elbow, making *Hiji-nagashi-uke* (right hand is behind head) and perform left *Jodan Sukui-uke* block simultaneously. (This position is called *Tekagami* - lady checking hair using two hand mirrors.)
 - 16) Perform left *Mae-geri* kick. Land forward and make right *Shiko-dachi* stance in *Ma-hammi* position towards rear and perform right *Furi-sute* block (scoop-and-throw-down block). Left fist is pulled back to side.
 - 17) Move right foot a little and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
 - 18) Cross left foot and turn anti-clockwise 180 degrees to face rear (original front) in left *Zenkutsu-dachi* stance in *Gyaku-hammi* position. At the same time, perform left *Hiji-nagashi-uke* block (left hand is behind head) and right *Jodan Sukui-uke* block simultaneously. (*Tekagami* position)
 - 19) Perform right *Mae-geri* kick. Land forward and make left *Shiko-dachi* stance in *Ma-hammi* position towards rear and perform left *Furi-sute* block (scoop-and-throw-down block). Right fist is pulled back to side.
 - 20) Move left foot a little and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
 - 21) Keep looking in the same direction and bring left foot back to make left *Musubi-dachi* stance in *Ma-hammi* position. At the same time, cross arms and make movement similar to double *Gedan Harai-uke* block. This is a smooth movement.
 - 22) Step left foot forward and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Jodan Haishu-uke* block. To perform the block, cross both arms in front of the body in circular movements, right arm inside left. At the end, the right hand finishes in a similar position to but slightly higher than the left hand. This is a smooth movement.
 - 23) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
 - 24) Cross left foot and turn anti-clockwise 180 degrees to make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Gedan Harai-uke* block followed by right *Chudan gyaku-zuki* punch. Left fist is pulled back to side.
 - 25) Cross right foot and turn clockwise 180 degrees to make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Harai-uke* block followed by left *Chudan gyaku-zuki* punch. Right fist is pulled back to side.
 - 26) Move left foot a little and turn anti-clockwise 180 degrees to make left *Nekoashi-dachi* stance (This can be either *Hammi* or *Shomen* position). At the same time, perform left *Chudan Kakete* block. Right fist remains pulled back to side. This is a smooth movement.
 - 27) Open right hand and meet left *Shotei* with right *Shotei*. Stance is now left

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- Nekoashi-dachi* in *Shomen* position. Left finger tips point up and right finger tips point down. Keep hands as they are and perform right *Mae-geri* kick.
- 28) Land forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Oi-zuki* punch then left *Chudan Gyaku-zuki* punch. (*Kiai!*)
 - 29) Turn anti-clockwise and step through with the right foot to make right *Shiko-dachi* stance in *Ma-hammi* position towards rear. At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
 - 30) Look back (original front), move left foot and change stance to (left) *Hachiji-dachi* in *Ma-hammi* position. At the same time, perform left *Jodan Haito-uke* block. Right fist is pulled back to side.
 - 31) Turn clockwise and step through with the left foot to make left *Shiko-dachi* stance in *Ma-hammi* position towards rear. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
 - 32) Look back (original front), move right foot and change stance to (right) *Hachiji-dachi* in *Ma-hammi* position. At the same time, perform right *Jodan Haito-uke* block. Left fist is pulled back to side.
 - 33) Turn anti-clockwise and step right foot back to make right *Shiko-dachi* stance in *Ma-hammi* position towards rear. At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
 - 34) Look back (original front), move left foot and change stance to (left) *Hachiji-dachi* in *Ma-hammi* position. At the same time, perform left *Jodan Haito-uke* block. Right fist is pulled back to side.
 - 35) Kick left palm with right *Uchi-mawashi-geri* kick. Kick through, turn body anti-clockwise and land at original position. Then move left foot back and bend right knee to go down to floor with hands on floor.
 - 36) Stand up and move left foot to make right *Heiko-dachi* stance in *Shomen* position. Perform *Tomoe-uke* block from left hip and slide forward as you push the *Shotei* strikes. This is a smooth movement.
 - 37) Move left foot, turn left and make left *Heiko-dachi* stance in *Shomen* position. Perform *Tomoe-uke* block from right hip and slide forward as you push the *Shotei* strikes. This is a smooth movement.
 - 38) Cross left foot, turn clockwise 180 degrees and make right *Heiko-dachi* stance in *Shomen* position. Perform *Tomoe-uke* block from left hip and slide forward as you push the *Shotei* strikes. This is a smooth movement.
 - 39) Step left foot forward and turn right to make right *Heiko-dachi* stance (towards original rear) in *Shomen* position. At the same time, perform right *Jodan Age-uke* block followed by left *Chudan Gyaku-zuki* punch. (*Kiai!*) Right fist is pulled back to side.
 - 40) Move left foot and turn anti-clockwise 180 degrees to make left *Nekoashi-dachi* stance (towards original front). (This can be either *Hammi* or *Shomen* position.) At the same time, perform left *Kakete* block. Right fist remains pulled back to side. This is a smooth movement.
 - 41) Perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. Stance is now left *Nekoashi-dachi* in *Shomen* position.
 - 42) Bring left foot back to make *Musubi-dachi* stance in *Shomen* position. At the same time, bring hands to left hip and perform small *Tomoe-uke* block with small push.

Naotte and *Rei* (bow),



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Useishi (Gojushiho)

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

Move left foot then right foot and make *Hachiji-dachi* stance.

At the same time, cross arms then pull back fists to side then place fists in front of groin. (This is *Itosu* group's *Yoi* position.)

- 1) Step left foot forward then right foot and make right *Moto-dachi* stance in *Shomen* position. With right step, perform right *Chudan Sasae-uke* block (supported block). Left fist supports right elbow from underneath. At the end, right elbow is on top of left fist's back of hand.
- 2) Step left foot forward towards left 45 degrees direction and make left *Nekoshi-dachi* stance in *Shomen* position. At the same time, perform *Kakiwake* block.
- 3) Step right foot forward towards right 45 degrees direction and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Kakiwake* block.
- 4) Step left foot forward towards left 45 degrees direction and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Kakete* block. Right fist is pulled back to side.
- 5) Perform right and left consecutive *Chudan-zukis* (right *Gyaku-zuki* then left *Maeken-zuki*). Then perform right *Mae-geri* kick and bring kicking foot back to same *Moto-dachi* stance. As you land right foot, perform right *Chudan Gyaku-zuki* punch.
- 6) Step right foot forward towards right 45 degrees direction and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Kakete* block. Left fist remains pulled back to side.
- 7) Perform left and right consecutive *Chudan-zukis* (left *Gyaku-zuki* then right *Maeken-zuki*). Then perform left *Mae-geri* kick and bring kicking foot back to same *Moto-dachi* stance. As you land left foot, perform left *Chudan Gyaku-zuki* punch.
- 8) Step left foot forward (to original front) and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Tate-empi* strike. (*Kiai!*) Left fist is pulled backed to side.
- 9) Step right foot forward and turn anti-clockwise 180 degrees to face rear in left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Shuto-uchi-barai* block. Left fist is placed in front of right shoulder.
- 10) Follow up with left *Gedan Shuto-barai* block. Right fist is pulled back to side. Then perform right *Gedan Shuto-uchi-barai* block. Left fist is placed in front of right shoulder.
- 11) Perform right *Haishu-uke* block supported by left open hand under right elbow. Left back of hand touches right elbow. This is a smooth movement. (No.1)
- 12) Drop left heel and straighten both knees (left foot can be moved back a little), perform left *Tsuri-uke* block (downward hooking block). Right open hand is

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- pulled back halfway between solar plexus and side with finger tips pointing opponent.
- 13) Step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Tate-nukite* (vertical spear hand) strike. Left open hand is pulled back halfway between solar plexus and side with finger tips pointing to opponent.
 - 14) Follow up with left, then right, *Chudan Tate-nukite* strikes. Each time, pull back other hand half way between solar plexus and side.
 - 15) Turn anti-clockwise 180 degrees to face rear (original front) in left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Tsuru-no-kubi-uke* (*Kakuto-uke*) block (similar to *Ko-uke* but fingers are more straight) supported by left open hand under right elbow. Left back of hand touches right elbow. This is a smooth movement. (No.2)
 - 16) Drop left heel and straighten both knees (left foot can be moved back a little), perform left *Tsuri-uke* block (downward hooking block). Right hand is closed and pulled back halfway between solar plexus and side with palm facing up.
 - 17) Step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Tate-nukite* (vertical spear hand) strike. Left open hand is pulled back halfway between solar plexus and side with finger tips pointing to opponent.
 - 18) Follow up with left, then right, *Chudan Tate-nukite* strikes. Each time, pull back other hand half way between solar plexus and side.
 - 19) Move left foot and turn anti-clockwise 270 degrees to make left *Shiko-dachi* in *Ma-hammi* position. At the same time, perform left *Gedan Haito-barai* block. Right open hand is placed in front of solar plexus with palm up and finger tips pointing to opponent.
 - 20) Keep looking towards opponent and cross right foot forward, then look right (original rear) and extend right arm forward with right palm facing up. Left arm is also extended inside right arm with left palm facing down and near right wrist.
 - 21) Step left foot to left and make *Shiko-dachi* stance in *Shomen* position. At the same time, clench both hands and pull to left hip keeping right palm facing up and left palm facing down.
 - 22) Look right and perform right *Gedan Haito-barai* block. (Thus, now, you are standing in right *Shiko-dachi* in *Ma-hammi* position.) Left open hand is placed in front of solar plexus with palm up and finger tips pointing to opponent.
 - 23) Keep looking towards opponent and cross left foot forward, then look left (original rear) and extend left arm forward with left palm facing up. Right arm is also extended inside left arm with right palm facing down and near left wrist.
 - 24) Step right foot to right and make *Shiko-dachi* stance in *Shomen* position. At the same time, clench both hands and pull to right hip keeping left palm facing up and right palm facing down.
 - 25) Step right foot back and make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Tsuru-no-kubi-uke* (*Kakuto-uke*) block (similar to *Ko-uke* but fingers are more straight) supported by left open hand under right elbow. Left back of hand touches right elbow. This is a smooth movement. (No.3)
 - 26) Drop left heel and straighten both knees (left foot can be moved back a little), perform left *Tsuri-uke* block (downward hooking block). Right hand is closed and pulled back halfway between solar plexus and side with palm facing up.
 - 27) Step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Tate-nukite* (vertical spear hand) strike.

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- Left open hand is pulled back halfway between solar plexus and side with finger tips pointing to opponent.
- 28) Follow up with left then right *Chudan Tate-nukite* strikes. Each time, pull back other hand half way between solar plexus and side.
 - 29) Cross left foot and turn anti-clockwise 180 degrees to face rear in left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Shuto-uchi* strike. Left fist is pulled back to side.
 - 30) Turn right hand into *Kakete* position then step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Shuto-uchi* strike. Right fist is pulled back to side.
 - 31) Turn left hand into *Kakete* position then step left foot forward and make left *Moto-dachi* stance in *Gyaku-hammi* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist is pulled back to side.
 - 32) Keeping upper body as it is, perform right *Chudan Mae-geri* kick. Land forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Gyaku-zuki*. (*Kiai!*) Right fist is pulled back to side.
 - 33) Move left foot a little and switch stance into right *Kokutsu-dachi* stance. At the same time, perform right *Gedan Harai-uke* block, with left forearm placed parallel to body at solar plexus height.
 - 34) Move left foot and turn anti-clockwise 180 degrees to face rear in left *Nekoashi-dachi* stance in *Shomen* position. Perform right *Haishu-uke* block supported by left open hand under right elbow. Left back of hand touches right elbow. This is a smooth movement. (No.4)
 - 35) Drop left heel and straighten both knees (left foot can be moved back a little), perform left *Tsuri-uke* block (downward hooking block). Right open hand is pulled back halfway between solar plexus and side with finger tips pointing to opponent.
 - 36) Step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Tate-nukite* (vertical spear hand) strike. Left open hand is pulled back halfway between solar plexus and side with finger tips pointing to opponent.
 - 37) Follow up with left then right *Chudan Tate-nukite* strikes. Each time, pull back other hand half way between solar plexus and side.
 - 38) Move left foot and turn anti-clockwise 270 degrees to make left *Shiko-dachi* in *Ma-hammi* position. At the same time, perform left *Gedan Haito-barai* block. Right open hand is placed in front of solar plexus with palm up and finger tips pointing to opponent.
 - 39) Keep looking towards opponent and cross right foot forward, then look right (original front), step left foot to left (ex-forward) and make *Shiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Kakete* block then left *Chudan-zuki*. Right fist is pulled back to side.
 - 40) Look right and perform right *Gedan Haito-barai* block. (Thus, now, you are standing in right *Shiko-dachi* in *Ma-hammi* position.) Left open hand is placed in front of solar plexus with palm up and finger tips pointing opponent.
 - 41) Keep looking towards opponent and cross left foot forward, then look left (original front), step right foot to right (ex-forward) and make *Shiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Kakete* block then left *Chudan-zuki*. Right fist is pulled back to side.
 - 42) Step left foot forward then right foot and make right *Moto-dachi* stance in *Shomen* position. With right step, perform right *Chudan Sasae-uke* block (supported block). Left fist supports right elbow from underneath. At the end,

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- right elbow is on top of left fist's back of hand.
- 43) Step right foot back and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Yoko-barai* block at shoulder height. Right fist is pulled back to side.
 - 44) Step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Oi-zuki* punch. Left fist is pulled back to side.
 - 45) Move left foot a little and face left in *Hachiji-dachi* stance in *Shomen* position. At the same time, pull both fists to sides. (Left fist is already pulled back so, this means, pull right fist back to side.)
 - 46) Lean forward and perform *Gedan Kosa-uke* block (crossed block, right arm on top of left arm). Then open both arms to sides (double *Yoko-barai* blocks).
 - 47) Come back to upright position and place fists on hips.
 - 48) Turn body to left and perform right *Ni-no-ude-uke* block, then turn body to right and perform left *Ni-no-ude-uke* block.
 - 49) As you turn body back, step right foot to left and face left (original rear) in right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Morote-haishu-uke* block (double *Haishu-uke* block).
 - 50) Slide forward in right *Nekoashi-dachi* stance (right foot rolls in heel → ball of foot movement) and, at the same time, perform *Morote Chudan Tate-nukite* strike (double arm strike). (*Kiai!*) Bring back both arms to *Haishu-uke* block position.
 - 51) Turn anti-clockwise 180 degrees to face rear (original front) in left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Haishu-uke* block supported by left open hand under right elbow. Left back of hand touches right elbow. This is a smooth movement.
 - 52) Move left foot back and make *Musubi-dachi* stance in *Shomen* position. *Naotte* position.

Move hands to sides, *Rei* (bow).