

Kofukan Standardised Katas

Part 2



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Introduction

This booklet continues the task started in **Kofukan Standardised Katas Part 1** issued in January 2013, which is to make sure all our members learn the correct order of each kata, including correct stances and techniques, after which they can practise to perfect each move.

The main aims of kata practice are to learn and instill within ones body the principles and the applications each contains, so it is very important that our members practise and perform our katas as they are designed, reinforcing the underlying principles.

Accordingly, I hereby give summaries of the order and correct elements of each of the listed Katas which, together with those in Part 1, are popular in our Kata competitions, thus continuing to reduce or eliminate disputes at our events and assisting every student's study of kata.

These summaries should be read in conjunction with the notes on Kata Performance and the Budo Charter in **Kofukan Standardised Katas Part 1**.

K. Tomiyama



Kofukan Standardised Katas

Annanko

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

Open left foot half then right foot half to make *Heiko-dachi* stance. Cross arms, pull back fists to sides, then drop them to protect groin - *Yoi* position.

- 1) Step with left foot towards left 45 degree direction and make left *Zenkutsu-dachi* stance in *Hammi* position. At the same time, perform left *Jodan Shuto-uke* block. Right open hand is placed in front of solar plexus with palm up.
- 2) Step with right foot towards right 45 degree direction (turning clockwise 90 degrees) and make right *Zenkutsu-dachi* stance in *Hammi* position. At the same time, perform right *Jodan Shuto-uke* block. Left open hand is placed in front of solar plexus with palm up.
- 3) Move left foot and turn anti-clockwise 180 degrees to face rear (left rear 45 degree direction) in left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block.
- 4) Follow up with right *Chudan Gyaku-zuki* punch then left *Chudan Jun-zuki* punch. (*Niren-zuki* - two consecutive punches)
- 5) Move right foot and turn clockwise 180 degrees to face rear (right 45 degree direction) in right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block.
- 6) Follow up with left *Chudan Gyaku-zuki* punch then right *Chudan Jun-zuki* punch. (*Niren-zuki* - two consecutive punches)
- 7) Move right foot to face original front in right (foot forward) *Heiko-dachi* stance in *Shomen* position. At the same time, perform *Kakiwake-uke* block. (Put fists and forearms together in front of body with palms facing towards body, then turn forearms outwards and block outwards.)
- 8) Pull back both fists to sides then perform *Morote Ura-zuki* (double-arm reverse-fist punch).
- 9) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Oi-zuki* punch at shoulder height. (*Kiai!*)
- 10) Step left foot towards left 45 degree direction and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block.
- 11) Follow up with right *Chudan Gyaku-zuki* punch then left *Chudan Jun-zuki* punch. (*Niren-zuki* - two consecutive punches)
- 12) Step right foot towards original front and make *Shiko-dachi* stance. Look left thus you are now in *Shomen* position towards left. At the same time, perform right *Mawashi-empi* on left palm. Both forearms are in horizontal position and right elbow is near the centre of the body. This is *Hiji-nage*, elbow-throw.

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- 13) Move right foot towards right 45 degree direction and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block.
- 14) Follow up with left *Chudan Gyaku-zuki* punch then right *Chudan Jun-zuki* punch. (*Niren-zuki* - two consecutive punches)
- 15) Bring back right foot to the previous position and make *Shiko-dachi* stance. Look left thus you are now in *Shomen* position towards left. At the same time, perform right *Mawashi-empi* on left palm. Both forearms are in horizontal position and right elbow is near the centre of the body. This is *Hiji-nage*, elbow-throw (Identical to 12).
- 16) Move left foot and turn anti-clockwise 90 degrees to make left *Zenkutsu-dachi* stance in *Shomen* position towards original rear. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
- 17) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Oi-zuki* punch. Left fist is pulled back to side.
- 18) Move right foot back a little and change stance to right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist remains at side.
- 19) Drop right heel and cross in left foot forward (*Kosa-ashi*), then perform right *Chudan Mae-geri* kick.
- 20) Land forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Harai-uke* block. Left fist remains at side.
- 21) Follow up with left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
- 22) Then with right *Chudan Yoko-uke* block. Left fist is pulled back to side.
- 23) Move left foot and turn anti-clockwise 180 degrees and face rear (original front) in left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Shuto-uke* block. Right open hand is placed in front of solar plexus with palm up.
- 24) Turn clockwise without moving feet and make right *Zenkutsu-dachi* stance in *Shomen* position towards right rear 45 degree direction. At the same time, perform right *Gedan Sasae-uke* block (left bottom-fist support inside right elbow).
- 25) Move right foot and turn anti-clockwise to make right (foot forward) *Heiko-dachi* stance in *Shomen* position towards original front. At the same time, perform left *Jodan Sasae-uke* block. (*Jodan Yoko-uke* block supported by right fist with palm down at inside left elbow)
- 26) Follow up with right horizontal outwards *Shuto-uchi* strike at shoulder height. Left fist is pulled back to side.
- 27) Put open hands and forearms together in front of face with palms facing towards yourself (upper arm is in horizontal position, elbows bent), then turn forearms outwards and open elbows to block. At the end, arms and body are in one line, elbows bent at 90 degree angle, fingertips point up and palms face forward.
- 28) Follow up with double-arm horizontal inwards *Shuto-uchi* strike at shoulder height.
- 29) Perform right *Sukui-uke* block (scooping block).
- 30) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Oi-zuki* punch. (*Kiai!*)

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- 31) Move left foot and turn anti-clockwise 180 degrees to face rear in left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block. Right fist is pulled back to side.
- 32) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist is pulled back to side.
- 33) Move left foot and turn anti-clockwise 180 degrees to face rear (original front) in left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block. Right fist is pulled back to side.
- 34) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist is pulled back to side.
- 35) Step left foot forward and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Kakete* block. Right open hand is placed in front of solar plexus with palm down.
- 36) Drop left heel and perform right *Chudan Mae-geri* kick.
- 37) Bring the kicking foot back and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Gyaku-zuki* punch. (*Kiai!*) Left fist is pulled back to side.
- 38) Extend both open hands and arms forward at shoulder height with palms down. As you grab and pull them back to hips, step left foot back and make right *Shiko-dachi* stance in *Ma-hammi* position. Look down and perform double *Tate-nukite* (vertical spear-hand) strike downwards. Palms face each other at shoulder-width distance.
- 39) Keep looking at the last opponent on the floor, move right foot back to make *Heiko-dachi* stance in *Shomen* position. At the same time, pull back both fists to side. (*Zanshin*)
- 40) Look forward and lower fists to cover groin. (*Yoi* position)
- 41) Close right foot half then left foot half and make *Musubi-dachi* stance in *Shomen* position. At the same time, move hands to *Naotte* position.

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



Kofukan Standardised Katas

Chatan'yara-no-Kosokun

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

Keeping hands as *Naotte* position, move left foot then right foot and make *Hachiji-dachi* stance.

- 1) Keeping arms straight, lift hands as they are. (Higher than head but still in front of head.) Then separate hands and draw circle and strike left palm with right *Shuto* at height of navel.
- 2) Turn body to right (clockwise) and make right *Sokkutsu-dachi* stance (narrow). At the same time, perform left *Chudan Shuto-uke* block. Right open hand is placed in front of solar plexus with palm up and finger tips pointing to opponent.
- 3) Turn body to left (anti-clockwise) and make left *Sokkutsu-dachi* stance (narrow). At the same time, perform right *Gedan Shotei Harai-uke* block. Left *Shotei* is placed in front of forehead.
- 4) Turn body to right (clockwise) and make right *Sokkutsu-dachi* stance (narrow). At the same time, perform left *Gedan Shorei Harai-uke* block. Right *Shotei* is placed in front of forehead.
- 5) Stay at same position and perform left *Chudan Yoko-uke* block. Right fist is pulled back to side.
- 6) Change stance to *Hachiji-dachi* stance in *Shomen* position. At the same time, perform right *Chudan-zuki* punch. Left fist is pulled back to side.
- 7) Turn body to left (anti-clockwise) and make left *Sokkutsu-dachi* stance (narrow). At the same time, perform right *Hiji-uke* block. Left fist remains at side.
- 8) Change stance to *Hachiji-dachi* stance in *Shomen* position. At the same time, perform left *Chudan-zuki* punch. Right fist is pulled back to side.
- 9) Turn body to right (clockwise) and make right *Sokkutsu-dachi* stance (narrow). At the same time, perform left *Hiji-uke* block. Right fist remains at side.
- 10) Move right foot and turn clockwise 180 degrees to face rear in right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist is pulled back to side.
- 11) Perform right *Mae-geri* kick. Land kicking foot in front then turn anti-clockwise 180 degrees to face original front in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right *Shuto* is placed in front of solar plexus with palm facing up and finger tips pointing to opponent.
- 12) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left *Shuto* is placed in front of solar plexus with palm facing up and finger tips pointing to opponent.
- 13) Step left foot forward and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right *Shuto* is placed in front of solar plexus with palm facing up and finger tips pointing to opponent.

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- 14) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left *Shuto* is placed in front of solar plexus with palm facing up and finger tips pointing to opponent.
- 15) Stay at same position and perform right *Chudan Ura-uke* block. Left *Shuto* stays as it is.
- 16) Pull both fists to sides with palm facing up and slide forward with rolling action of right foot (heel → ball of foot). As you regain right *Nekoashi-dachi* stance in *Shomen* position, perform *Morote-zuki* punch (double arm punch, left *Jodan Gyaku-zuki* and right *Gedan Ura-zuki* performed simultaneously).
- 17) Move left foot a little, turn anti-clockwise 180 degrees to face rear in left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Yoko-barai* block at shoulder height. Right fist is pulled back to side.
- 18) Step right foot forward and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan Mawashi-empi* on left palm.
- 19) Turn anti-clockwise and look back towards original front, slide left foot forward and cross right foot behind to make *Kosa-dachi* stance in *Gyaku-hammi* position. At the same time, perform right *Jodan Sukui-uke* block. (This is actually *Sukui-uchi* strike but there is no difference in movement in Kata.) Left open hand is placed behind left ear. (*Tekagami* - hand mirrors - like in *Unshu* kata)
- 20) Perform right *Mae-geri* kick. Land forward and turn anti-clockwise to face rear in very low *Kokutsu-dachi* stance in *hammi* position. (Unlike normal *Kokutsu-dachi* stance which is in *Ma-hammi* position, this stance is in *Hammi* position and right heel is up, thus standing on ball of foot only.) At the same time, perform left *Gedan Harai-uke* block. Right fist is placed in front of forehead, palm forward.
- 21) Bring left foot back a little and turn body to *Shomen* position. At the same time, perform right *Gedan Kentsui Uchi-barai* block. Left fist is placed in front of right shoulder. (like *Pin'an Shodan*)
- 22) Stand up and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Yoko-barai* block. Right fist is pulled back to side.
- 23) Slide left foot forward and cross right foot behind to make *Kosa-dachi* stance in *Gyaku-hammi* position. At the same time, perform right *Jodan Sukui-uke* block. (This is actually *Sukui-uchi* strike but there is no difference in movement in Kata.) Left open hand is placed behind left ear. (*Tekagami* - hand mirrors - like in *Unshu* kata)
- 24) Perform right *Mae-geri* kick. Land forward and turn anti-clockwise to face rear in very low *Kokutsu-dachi* stance in *hammi* position. (Unlike normal *Kokutsu-dachi* stance which is in *Ma-hammi* position, this stance is in *Hammi* position and right heel is up, thus standing on ball of foot only.) At the same time, perform left *Gedan Harai-uke* block. Right fist is placed in front of forehead, palm forward.
- 25) Bring left foot back a little and turn body to *Shomen* position. At the same time, perform right *Gedan Kentsui Uchi-barai* block. Left fist is placed in front of right shoulder. (like *Pin'an Shodan*)
- 26) Stand up and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Yoko-barai* block. Right fist is pulled back to side.
- 27) Bring left foot back and make *Heisoku-dachi* stance in *Shomen* position. At the same time, bring both fists to right hip, palms facing each other. This is a smooth movement.

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- 28) Turn towards left and perform left *Yoko-barai* block. Right fist remains at right hip. Follow up with left *Chudan Mae-geri* kick.
- 29) Land forward and bring right foot forward a little to make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Mawashi-empi* strike on left palm.
- 30) Bring right foot next to left foot, turn clockwise 90 degrees to face original front in *Heisoku-dachi* stance in *Shomen* position. At the same time, bring both fists to left hip, palms facing each other. This is a smooth movement.
- 31) Turn towards right and perform right *Yoko-barai* block. Left fist remains at left hip. Follow up with right *Chudan Mae-geri* kick.
- 32) Land forward and bring left foot forward a little to make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Mawashi-empi* strike on right palm.
- 33) Turn anti-clockwise 180 degrees to face rear in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right *Shuto* is placed in front of solar plexus, palm facing up.
- 34) Step right foot towards right 45 degree direction and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left *Shuto* is placed in front of solar plexus, palm facing up.
- 35) Step right foot back and turn clockwise 135 degrees in right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left *Shuto* is placed in front of solar plexus, palm facing up.
- 36) Step left foot towards left 45 degree direction and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right *Shuto* is placed in front of solar plexus, palm facing up.
- 37) Move right foot to right and make *Shiko-dachi* stance in *Shomen* position to face original right. At the same time, make large inward circular movements with both open hands and arms from side to the front of chest, clockwise circle with left and anti-clockwise circle with right. In the end, forearms are crossed at wrists, fingertips pointing up and palms facing outward. This is a smooth movement.
- 38) Look left, move left foot to left and cross right foot behind to make *Kosa-dachi* stance in *Gyaku-hammi* position. At the same time, perform right *Jodan Sukui-uke* block. (This is actually *Sukui-uchi* strike but there is no difference in movement in Kata.) Left open hand is placed behind left ear. (*Tekagami* - hand mirrors - like in *Unshu* kata)
- 39) Perform right *Mae-geri* kick. Land forward and, at the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side. Then cross left foot to the right of right foot to make right *Kosa-dachi* stance. At the same time, perform left *Chudan Ura-zuki* punch. Right fist is pulled back to side. (*Kiai* !)
- 40) Bring both fists to left hip palms facing, right above left. Then move left foot back and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Yoko-barai* block and left *Kagi-zuki* punch simultaneously.
- 41) Move left foot, turn anti-clockwise 180 degrees to face rear in left *Moto-dachi* stance. At the same time, perform left *Yoko-barai* block. Right fist is pulled back to side.
- 42) Open left hand and kick the palm with right sole of foot (*Uchi-mawashi-geri* kick). Kick through and turn anti-clockwise 180 degrees. Land into very low right *Zenkutsu-dachi* stance with hands on the floor and raised left heel.

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- 43) Turn body slightly anti-clockwise and look back. Then step right foot through towards rear 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.
- 44) Pull back right fist to side then perform double *Gedan Harai-uke* block in circular manner. In the end, both fists are placed in front of thighs. This is a smooth movement.
- 45) Move right foot back a little and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Shuto-uke* block. Left open hand is placed in front of solar plexus with palm facing up.
- 46) Move left foot and turn anti-clockwise to face rear (original front) in left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Mawashi-uke* block in anti-clockwise circular movement. Right hand is pulled back to rear with palm facing forward. Then, perform right *Shotei Kin-uchi* strike (strike to groin). Left *Shotei* is pulled back to side. Fingertips of both hands point downwards. (Similar to a part of *Seipai Kata*) This is a smooth movement.
- 47) Perform left *Gedan Shuto-barai* block. Right open hand is pulled back to side with palm facing up.
- 48) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Tate-nukite* (vertical spear hand) strike. Left open hand is placed under right elbow with palm facing down.
- 49) Move left foot slightly to right so that both feet are aligned in straight line, turn body anti-clockwise and change stance into right *Kokutsu-dachi* in *Ma-hammi* position. At the same time, bend right elbow and pull right hand back with palm facing up. Left hand stays under right elbow. This is a smooth movement.
- 50) Put head under right hand, keep turning body anti-clockwise and step left foot forward to make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Yoko-barai* block (strike). Right fist is pulled back to side.
- 51) Bring back left foot and make left *Heisoku-dachi* stance in *Ma-hammi* position. At the same time, bring both fists to right hip, left on top with palms facing each other. This is a smooth movement.
- 52) Turn body and feet to face forward and, at the same time, perform left *Yoko-barai* block followed by left *Chudan Mae-geri* kick. Land forward and move right foot forward a little (slide in) to make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Mawashi-empi* strike on left palm.
- 53) Step right foot forward towards right 45 degree direction and make right *Nekoashi-dachi* stance in *Shomen* position. Perform *Tomoe-uke* (double circular block) from left hip. (This can be either basic or advanced form.) At the end, left *Shotei* strikes chin and right *Shotei* strikes groin. This is a smooth movement.
- 54) Look right 135 degree direction (original rear) and cross arms, right fist at left shoulder and left fist at right hip. Step right foot back towards that 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 in *Jodan Yoko-uke* block-like manner to rear at ear height.
- 55) Step left foot forward then face right in *Shiko-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uchi* block. Right fist is pulled back to side. Follow up with right *Chudan Yoko-uchi* block. Left fist is pulled back to side.

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- 56) Make large inward circular movements with both open hands and arms from side to the front of chest, clockwise circle with left and anti-clockwise circle with right. In the end, forearms are crossed at wrists, fingertips pointing up and palms facing outward. This is a smooth movement.
- 57) Step left foot to right and turn clockwise 270 degrees to face original rear in right *Nekoashi-dachi* stance in *Shomen* position. Both hands remain at chest in crossed position.
- 58) Grab both hands then perform *Nidan-geri* (jumping double kicks), first low left then high right kicks.
- 59) Land forward in right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back in *Jodan Yoko-uke* movement at ear height.
- 60) Turn anti-clockwise and face original front in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back in *Jodan Yoko-uke* movement at ear height from crossed arm position.
- 61) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left open hand is placed in front of solar plexus with palm facing up.
- 62) Bring back right foot and make *Musubi-dachi* stance in *Shomen* position. *Naotte* position.

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



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Chinto

Musubi-dachi and *Rei* (bow).

Heisoku-dachi and Naotte position, then announce the name of the Kata.

- 1) Step right foot back and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform *Jodan Kosa-uke* block with open hands. Left hand is in front.
- 2) Roll both hands down and bring to right hip like *Pin'an Godan* kata. At the end, both palm heels touch each other with left hand on top.
- 3) Perform left *Kentsui* (bottom fist) *Yoko-barai* block. Right hand is closed into fist.
- 4) Follow up with right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
- 5) Pivot on left foot anti-clockwise for 360 degrees and come back to the same *Shiko-dachi* stance. At the same time, perform right *Gedan Harai-uke* block towards rear. Left fist remains at side.
- 6) Perform *Jodan Kosa-uke* block with open hands towards front. Left hand is in front.
- 7) Close both hands into fists and bring to chest. Then perform *Nidan-geri* kick (jumping double kick). Right low kick first then left high kick.
- 8) Land forward and regain left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform *Gedan Kosa-uke* block with both fists. Right fist on top.
- 9) Turn clockwise and step back with left foot to make left *Shiko-dachi* stance in *Ma-hammi* position towards rear. At the same time, perform *Gedan Kosa-uke* block with both fists from right hip. Right fist on top.
- 10) Move right foot and turn clockwise to make right *Moto-dachi* stance in *Shomen* position towards rear (original front). At the same time, perform right *Yoko-barai* block. Left fist is pulled back to side.
- 11) Step left foot forward and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Oi-zuki* punch. (*Kiai!*) Right fist is pulled back to side.
- 12) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Gedan Haito-barai* block. Left open hand is placed in front of solar plexus with palm up.
- 13) Turn body into *Shomen* position and perform double (*Morote*) *Chudan Kakete* blocks.
- 14) Turn anti-clockwise to face left in *Hachiji-dachi* stance in *Shomen* position. At the same time, perform double (*Morote*) *Chudan Haito-uke* blocks.
- 15) Bring both hands down by crossing in front of body and make them into fists like *Yoi* position.
- 16) Move left foot and face left (original rear) in left *Kokutsu-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block and right *Jodan Yoko-uke* block simultaneously. Left block is performed towards opponent

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and right block is pulled back towards rear with fist at ear height like *Pin'an Godan* kata.

- 17) Turn anti-clockwise and step right foot forward to make right *Kokutsu-dachi* stance in *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* block and left *Jodan Yoko-uke* block simultaneously. Right block is performed towards opponent and left block is pulled back towards rear with fist at ear height like *Pin'an Godan* kata.
- 18) Turn anti-clockwise and step left foot forward (backward turn) to make left *Kokutsu-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block and right *Jodan Yoko-uke* block simultaneously. Left block is performed towards opponent and right block is pulled back towards rear with fist at ear height like *Pin'an Godan* kata.
- 19) Look right (original left), cross right foot behind the left and drop body to make low *Kosa-dachi* stance in *Shomen* position towards right. At the same time, perform *Gedan Kosa-uke* block. Right fist on top.
- 20) Move right foot to right (original front) and make *Hachiji-dachi* stance in *Shomen* position. At the same time, perform double (*Morote*) *Chudan Yoko-uke* blocks.
- 21) Bring both hands down by crossing in front of body and make *Yoi* position.
- 22) Bring fists to hips with fists touching hips like *Pin'an Sandan* kata.
- 23) Open right heel and turn body anti-clockwise to make left narrow *Sokkutsu-dachi* stance in *Ma-hammi* position. At the same time, perform right *Ni-no-ude-uke* block. Both fists remain on hips.
- 24) Close right heel then open left heel and turn body clockwise to make right narrow *Sokkutsu-dachi* stance in *Ma-hammi* position. At the same time, perform left *Ni-no-ude-uke* block. Both fists remain on hips.
- 25) Pivoting on right foot, turn clockwise to face rear (original right) and cross left foot behind the right to make *Kosa-dachi* stance in *Shomen* position. At the same time, perform double (*Morote*) *Chudan Yoko-uke* blocks.
- 26) Look left (original front) and lift left knee to make left *Sagiashi-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block and right *Jodan Yoko-uke* block simultaneously. Left block is performed towards opponent and right block is pulled back towards rear with fist at ear height.
- 27) Turn body to *Shomen* position and bring both fists to right hip, left on top with palms facing each other.
- 28) Perform left *Yoko-barai* block and left *Chudan Mae-geri* simultaneously. Right fist remains at right hip.
- 29) Land left foot forward and step right foot forward to 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.
- 30) Turn body anti-clockwise and lift right knee to make right *Sagiashi-dachi* stance in *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* block and left *Jodan Yoko-uke* block simultaneously. Right block is performed towards opponent and left block is pulled back towards rear with fist at ear height.
- 31) Turn body to *Shomen* position and bring both fists to left hip, right on top with palms facing each other.
- 32) Perform right *Yoko-barai* block and right *Chudan Mae-geri* simultaneously. Left fist remains at left hip.

Kofukan Standardised Katas Part 2

- 33) Land right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
- 34) Turn body anti-clockwise and lift left knee to make left *Sagiashi-dachi* stance in *Ma-hammi* position towards rear. At the same time, perform left *Gedan Harai-uke* block and right *Jodan Yoko-uke* block simultaneously. Left block is performed towards opponent and right block is pulled back towards rear with fist at ear height.
- 35) Turn body to *Shomen* position and bring both fists to right hip, left on top with palms facing each other.
- 36) Perform left *Yoko-barai* block and left *Chudan Mae-geri* simultaneously. Right fist remains at right hip.
- 37) Land left foot forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
- 38) Turn clockwise and move right foot a little to make right *Nekoashi-dachi* stance in *Hammi* position towards rear (original front). At the same time, perform right *Chudan Shuto-uke* block. Left fist remains at left hip.
- 39) Turn body to *Shomen* position and, at the same time, perform left *Chudan Tate-empi* (vertical elbow strike) on right palm which is brought back from *Shuto-uke* position.
- 40) Open left hand and put right fist head on left palm, then bring them together to left hip. Left fingertips and right back of hand face forward.
- 41) Put right heel down and lift left knee. At the same time, perform right upward *Jodan Ura-uchi* strike. Left palm is kept touching right fist head.
- 42) Pivot clockwise on right leg and face rear in left *Sagiashi-dachi* stance in *Shomen* position. At the same time, bring left open hand and right fist to centre of body just below navel. Right back of hand (*Uraken*) touches left palm, right on top and left palm facing up.
- 43) Perform left *Yoko-barai* block and left *Chudan Mae-geri* simultaneously. Right fist is pulled back to side.
- 44) Land left foot forward and step right foot forward to make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Oi-zuki* punch. (*Kiai!*) Left fist is pulled back to side.
- 45) Pivot anti-clockwise on right foot and move left foot to make *Heisoku-dachi* stance in *Shomen* position towards rear (original front). *Naotte* position.

Make *Musubi-dachi* stance and bring hands to sides. *Rei* (bow).



Kofukan Standardised Katas

Jion

Musubi-dachi and *Rei* (bow).

Heisoku-dachi and *Hoken-kamae* (Wrap right fist with left hand in front of chest, elbows well closed.)

- 1) Step left foot back and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block and left *Gedan Harai-uke* block simultaneously.
- 2) Step left foot towards left 45 degree direction and make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Kakiwake* block (simultaneous double *Kote-uke* blocks).
- 3) Perform right *Chudan Mae-geri* kick.
- 4) Land forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Oi-zuki* punch directly from *Kote-uke* block position. Left fist is pulled back to side.
- 5) Follow up with consecutive left and right *Chudan-zuki* punches (*Niren-zuki*). Non-punching fists are pulled back to sides.
- 6) Move right foot towards right 45 degree direction and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Kakiwake* block (simultaneous double *Kote-uke* blocks).
- 7) Perform left *Chudan Mae-geri* kick.
- 8) Land forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Oi-zuki* punch directly from *Kote-uke* block position. Right fist is pulled back to side.
- 9) Follow up with consecutive right and left *Chudan-zuki* punches (*Niren-zuki*). Non-punching fists are pulled back to sides.
- 10) Move left foot towards original front and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Age-uke* block. Right fist remains at side.
- 11) Move right foot forward a little and change stance to left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
- 12) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Age-uke* block. Left fist remains at side.
- 13) Move left foot forward a little and change stance to right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
- 14) Step left foot forward and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Age-uke* block. Right fist remains at side.
- 15) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Oi-zuki* punch. (*Kiai!*) Left fist is pulled back to side.

Kofukan Standardised Katas Part 2

- 16) Move left foot and turn anti-clockwise 270 degrees to face original right in left *Kokutsu-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block and right *Jodan Yoko-uke* block simultaneously. Left block is performed towards opponent and right block is pulled back towards rear with fist at ear height like *Pin'an Godan* kata.
- 17) Move right foot and change stance to left *Heiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
- 18) Move right foot back and make right *Kokutsu-dachi* stance in *Ma-hammi* position towards rear (original left). At the same time, perform right *Gedan Harai-uke* block and left *Jodan Yoko-uke* block simultaneously. Right block is performed towards opponent and left block is pulled back towards rear with fist at ear height like *Pin'an Godan* kata.
- 19) Move left foot and change stance to right *Heiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
- 20) Step left foot to left (original rear) and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block. Right fist remains at side.
- 21) Step right foot forward (original rear) and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan Sukui-uke* block (scooping block). Left fist is pulled back to side.
- 22) Step left foot forward and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Chudan Sukui-uke* block (scooping block). Right fist is pulled back to side.
- 23) Step right foot forward and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan Sukui-uke* block (scooping block). Left fist is pulled back to side.
- 24) Move left foot and turn anti-clockwise 270 degrees to face original left in left *Kokutsu-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block. Right forearm is placed in front of body at solar plexus height, fist pointing towards opponent palm up.
- 25) Move right foot and change stance to left *Heiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Jodan Yoko-uke* block and right *Chudan Ura-zuki* punch simultaneously.
- 26) Move right foot back and make right *Kokutsu-dachi* stance in *Ma-hammi* position towards rear (original right). At the same time, perform right *Gedan Harai-uke* block. Left forearm is placed in front of body at solar plexus height, fist pointing towards opponent palm up.
- 27) Move left foot and change stance to right *Heiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Jodan Yoko-uke* block and left *Chudan Ura-zuki* punch simultaneously.
- 28) Look left (original front) and bring back right foot to make *Musubi-dachi* stance in *Shomen* position towards original front. At the same time, cross arms and bring fists down like *Yoi* position.
- 29) Step right foot forward and pull fists to sides. Then bring left foot forward behind the right foot to make right *Kosa-dachi* stance in *Shomen* position. At the same time, perform *Gedan Kosa-uke* block.
- 30) Move left foot back and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform double *Kentsui Yokobara* blocks.

Kofukan Standardised Katas Part 2

- 31) Step left foot forward and make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform double *Yoko-uke* blocks.
- 32) Step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Jodan Kosa-uke* block. Both fists are closed and right arm is inside.
- 33) Perform Right *Gedan Harai-uke* block. Left fist remains at *Jodan* block position.
- 34) Slide right foot forward, heel touching floor. At the same time, perform left *Chudan Sho-kentoh Uchiotoshi* block. At the end, left forearm is in horizontal position.
- 35) Move left foot forward and regain right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right vertical *Jodan Ura-uchi* strike. (*Kiai!*) Left fist is placed under right elbow, palm down.
- 36) Move left foot and turn anti-clockwise 270 degrees to face original right in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Yoko-uke* block. Right fist is pulled back to side.
- 37) 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.
- 38) Step right foot back and turn clockwise 180 degrees to face rear (original left) in right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist remains at side.
- 39) Step left foot forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Oi-zuki* punch. Right fist is pulled back to side.
- 40) Step left foot to left (original rear) and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block. Right fist remains at side.
- 41) Step right foot forward (original rear) and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan Yoko-uchi* block. Left fist is pulled back to side.
- 42) Step left foot forward and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Chudan Yoko-uchi* block. Right fist is pulled back to side.
- 43) Step right foot forward and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan Yoko-uchi* block. Left fist is pulled back to side.
- 44) Move left foot and turn anti-clockwise 180 degrees to face original front in *Heiko-dachi* stance in *Shomen* position. At the same time, bring both fists to right hip, left on top and palms facing each other.
- 45) Look left and slide in and, at the same time, perform left *Yokobarai* block and right *Chudan-zuki* punch simultaneously.
- 46) Look right (original front) and bring both fists to left hip, right on top and palms facing each other.
- 47) Look right and slide in and, at the same time, perform right *Yokobarai* block and left *Chudan-zuki* punch simultaneously.
- 48) Bring back right foot to make *Heisoku-dachi* stance and *Hoken-kamae*. (Wrap right fist with left hand in front of chest, elbows well closed.)

Musubi-dachi, bring hands to sides of thighs and *Rei* (bow).



Kofukan Standardised Katas

Koshiki Rohai (Matsumora-no-Rohai)

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

- 1) Move right foot to right and make *Heiko-dachi* stance in *Shomen* position. At the same time, open arms and perform *Gedan Heiko-uke* (parallel arms) block. Palms are shoulder width apart and face each other. This is a smooth movement.
- 2) Bend elbows and lift hands to perform *Chudan Heiko-uke* block. Palms are shoulder width apart and face each other. This is a smooth movement.
- 3) Look right and move right foot to right to make right *Shiko-dachi* stance in *Ma-hammi* position towards right. At the same time, perform right *Gedan Shuto-barai* block. Left palm is placed in front of solar plexus with palm up and finger tips pointing towards opponent.
- 4) Pivot on right leg, move left foot and turn anti-clockwise to face rear (original left) in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Kakete* block. Right fist is pulled back to side.
- 5) Move left foot forward and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan Gyaku-zuki* punch. Left *Kakete* is pulled back to side.
- 6) Look right (original front), move back left foot and make *Musubi-dachi* stance in *Shomen* position towards original front. At the same time, pull back both fists to sides.
- 7) Step left foot then right foot forward, followed by half step with left foot and make *Heiko-dachi* stance in *Shomen* position.
- 8) Look right 45 degree direction, step left foot back towards left 45 degree rear and lift right foot to make *Sagiashi-dachi* in *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* with right palm. Left palm covers forehead.
- 9) Land right foot forward (towards right 45 degree direction) and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Sasae-ura-uke* block (supported *Ura-uke* block). Left palm supports inside right elbow.
- 10) Turn right hand into *Kakete* (hooking hand), step left foot forward and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Chudan Oi-zuki* punch directly from inside right elbow. Right fist is pulled back to side.
- 11) Follow up immediately with right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
- 12) Step left foot back then pivot anti-clockwise on it and lift right foot to face left 45 degree direction in *Sagiashi-dachi* stance in *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* with right palm. Left palm covers forehead.
- 13) Land right foot forward (towards left 45 degree direction) and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Sasae-ura-uke* block (supported *Ura-uke* block). Left palm supports inside right elbow.

Kofukan Standardised Katas Part 2

- 14) Turn right hand into *Kakete* (hooking hand), step left foot forward and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Chudan Oi-zuki* punch directly from inside right elbow. Right fist is pulled back to side.
- 15) Follow up immediately with right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
- 16) Move right foot in a clockwise circular manner (hidden *Ashibarai* sweep) and Make *Shiko-dachi* stance in *Shomen* position towards original front. At the same time, move left hand from left to right in a horizontal scooping manner. Right fist is pulled back to side.
- 17) Perform right *Gedan-zuki* punch straight downwards. (*Kiai!*) Left fist is pulled up to right shoulder.
- 18) Move left foot to next to right foot then step back and lift right foot to face original front in *Sagiashi-dachi* stance in *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* with right palm. Left palm covers forehead.
- 19) Land right foot forward (towards original front) and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Sasae-ura-uke* block (supported *Ura-uke* block). Left palm supports inside right elbow.
- 20) Turn right hand into *Kakete* (hooking hand), step left foot forward and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Chudan Oi-zuki* punch directly from inside right elbow. Right fist is pulled back to side.
- 21) Follow up immediately with right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
- 22) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform double *Gedan Shotei-uchi* strike. (*Kiai!*) Finger tips point down.
- 23) Bring right foot back and make *Musubi-dachi* stance in *Shomen* position. At the same time, bring both fists to right hip palms facing each other, right palm facing up and left palm facing down.
- 24) Step left foot forward and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform *Morote-zuki* punches, simultaneous execution of right *Jodan Gyaku-zuki* punch and left *Gedan Ura-zuki* punch.
- 25) Bring left foot back and make *Musubi-dachi* stance in *Shomen* position. At the same time, bring both fists to left hip palms facing each other, left palm facing up and right palm facing down.
- 26) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform *Morote-zuki* punches, simultaneous execution of left *Jodan Gyaku-zuki* punch and right *Gedan Ura-zuki* punch.
- 27) Bring right foot back and make *Musubi-dachi* stance in *Shomen* position. At the same time, bring both fists to right hip palms facing each other, right palm facing up and left palm facing down.
- 28) Step left foot forward and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform *Morote-zuki* punches, simultaneous execution of right *Jodan Gyaku-zuki* punch and left *Gedan Ura-zuki* punch.
- 29) Move left foot back a little and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right open hand is placed in front of solar plexus palm up.

Kofukan Standardised Katas Part 2

- 30) Kick left palm with right *Uchi-mawashi-geri* kick. Kick through, turn body anti-clockwise and land back. Keep turning the body anti-clockwise, step left foot back and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left open hand is placed in front of solar plexus palm up.
- 31) Step right foot back and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right open hand is placed in front of solar plexus palm up.
- 32) Move left foot back and make *Musubi-dachi* stance in *Shomen* position. *Naotte* position.

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



Kofukan Standardised Katas

Kosokun-Dai

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

Keeping hands as *Naotte* position, move left foot then right foot and make *Hachiji-dachi* stance.

- 1) Keeping arms straight, lift hands as they are. (Higher than head but still in front of head.) Then separate hands and draw a circle and strike left palm with right *Shuto* at height of navel.
- 2) Turn to left and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right open hand is placed in front of solar plexus with palm facing up.
- 3) Turn clockwise 180 degrees and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left open hand is placed in front of solar plexus with palm facing up.
- 4) Turn anti-clockwise 90 degrees and face original front in *Hachiji-dachi* stance in *Shomen* position. At the same time, bring both fists to right hip, left on top of right and palms facing each other.
- 5) Open left heel and make right narrow *Sokkutsu-dachi* stance. At the same time, perform left *Yokobarai* block at shoulder height. Right fist remains at right hip.
- 6) Bring left heel in and regain *Hachiji-dachi* stance in *Shomen* position. At the same time, perform right *Chudan-zuki* punch. Left fist is pulled to side.
- 7) Open right heel and make left narrow *Sokkutsu-dachi* stance. At the same time, perform right *Chudan Yoko-uke* block. Left fist remains at side.
- 8) Bring right heel in and regain *Hachiji-dachi* stance in *Shomen* position. At the same time, perform left *Chudan-zuki* punch. Right fist is pulled to side.
- 9) Open left heel and make right narrow *Sokkutsu-dachi* stance. At the same time, perform left *Chudan Yoko-uke* block. Right fist remains at side.
- 10) Move right foot and turn clockwise 180 degrees to face rear in right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist is pulled back to side.
- 11) Perform right *Chudan Mae-geri* kick and land back to original position. Then pivot on right foot and turn anti-clockwise 180 degrees to face original front in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right open hand is placed in front of solar plexus with palm up.
- 12) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left open hand is placed in front of solar plexus with palm up.
- 13) Step left foot forward and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right open hand is placed in front of solar plexus with palm up.

Kofukan Standardised Katas Part 2

- 14) Step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Tate-nukite* strike (vertical four-finger spear hand). Left fist is pulled back to side.
- 15) Move left foot and turn anti-clockwise 180 degrees to face rear in *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Sukui-uke* block. Left open hand is placed in front of forehead with palm facing forward.
- 16) Perform right *Chudan Mae-geri* kick. Land forward and turn anti-clockwise 180 degrees to face rear (original front) in left *Kokutsu-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block. Right forearm with clenched fist is placed in front of forehead with palm facing out.
- 17) Bring left foot back a little to change stance to left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Kentsui Uchi-barai* block. Left fist is placed in front of right shoulder. (like *Pin'an Shodan*). Then, follow up straight away with left *Gedan Harai-uke* block. Right fist is pulled back to side.
- 18) Perform right *Jodan Sukui-uke* block. Left open hand is placed in front of forehead with palm facing forward.
- 19) Perform right *Chudan Mae-geri* kick. Land forward and turn anti-clockwise 180 degrees to face rear in left *Kokutsu-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block. Right forearm with clenched fist is placed in front of forehead with palm facing out.
- 20) Bring left foot back a little to change stance to left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Kentsui Uchi-barai* block. Left fist is placed in front of right shoulder. (like *Pin'an Shodan*). Then, follow up straight away with left *Gedan Harai-uke* block. Right fist is pulled back to side.
- 21) Bring left foot back to make *Heisoku-dachi* stance in *Shomen* position. At the same time, bring both fists to right hip, left on top with palms facing each other.
- 22) Turn to left and perform left *Yoko-barai* block at shoulder height. Follow up with left *Chudan Mae-geri* kick.
- 23) Land forward and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Mawashi-empi* strike on left palm.
- 24) Move right foot and turn clockwise 90 degrees to face original rear in *Heisoku-dachi* stance in *Shomen* position. At the same time, bring both fists to left hip, right on top with palms facing each other.
- 25) Turn to right and perform right *Yoko-barai* block at shoulder height. Follow up with right *Chudan Mae-geri* kick.
- 26) Land forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Mawashi-empi* strike on right palm.
- 27) Move left foot and turn anti-clockwise 135 degrees to make left *Nekoashi-dachi* stance in *Hammi* position (towards left 45 degree direction from original rear). At the same time, perform left *Chudan Shuto-uke* block. Right open hand is placed in front of solar plexus with palm facing up.
- 28) Step right foot forward (towards same direction) and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left open hand is placed in front of solar plexus with palm facing up.
- 29) Move right foot and turn clockwise 90 degrees to make right *Nekoashi-dachi* stance in *Hammi* position (towards right 45 degree direction from original rear). At the same time, perform right *Chudan Shuto-uke* block. Left open hand is placed in front of solar plexus with palm facing up.

Kofukan Standardised Katas Part 2

- 30) Step left foot forward (towards same direction) and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right open hand is placed in front of solar plexus with palm facing up.
- 31) Move left foot and face original rear in *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Sukui-uke* block. Left open hand is placed in front of forehead with palm facing forward.
- 32) Perform right *Chudan Mae-geri* kick. As you land forward, perform left *Shotei Osae-uke* block. Right fist is placed in front of left shoulder. Then cross left foot to the right of right foot to make right *Kosa-dachi* stance. At the same time, perform right *Jodan Ura-uchi* strike. (*Kiai* !) Left fist is pulled back to side.
- 33) Move left foot back and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist remains at side.
- 34) Follow up with left *Chudan Gyaku-zuki* punch then right *Chudan Jun-zuki* punch. Pull back the other fist to side on each one.
- 35) Lift right foot and raise knee. Hit left palm with inside of right knee then with right *Jodan Yoko-uchi* block.
- 36) Turn anti-clockwise 180 degrees and land down towards rear (original front) with right foot and both hands. (*Fukko-kamae*, crouching tiger position) Left heel is raised.
- 37) Stand up on right leg, move left foot and turn anti-clockwise 180 degrees to face rear (original rear) in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right open hand is placed in front of solar plexus with palm up.
- 38) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left open hand is placed in front of solar plexus with palm up.
- 39) Pivot on right foot, move left foot and turn anti-clockwise 270 degrees to face right in left *Nekoashi-dachi* in *Shomen* position. (*Hammi* position is also acceptable.) At the same time, perform left *Chudan Yoko-uke* block. Right fist is pulled back to side.
- 40) Follow up with right *Chudan- Gyaku-zuki* punch. Left fist is pulled back to side. Body must be in *Shomen* position.
- 41) Pivot on left foot and turn clockwise 180 degrees to face rear in right *Nekoashi-dachi* stance in *Shomen* position. (*Hammi* position is also acceptable.) At the same time, perform right *Chudan Yoko-uke* block. Left fist remains at side.
- 42) Follow up with left *Chudan Gyaku-zuki* punch then right *Chudan Jun-zuki* punch. Pull back the other fist to side on each one. Body must be in *Shomen* position.
- 43) Move right foot and turn clockwise 90 degrees to face right (original rear) in right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist remains at side.
- 44) Perform right *Chudan Mae-geri* kick and land back to original position. Then pivot on right foot and turn anti-clockwise 180 degrees to face original front in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right open hand is placed in front of solar plexus with palm up.
- 45) Perform left *Chudan Osae-uke* (press-down) block with left palm. Right palm remains at solar plexus.

Kofukan Standardised Katas Part 2

- 46) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Tate-nukite* (vertical spear hand) strike on top of left hand. At the end, left hand is placed under right elbow with palm down.
- 47) Move left foot a little and shift stance into right *Kokutsu-dachi* stance. (Right and left foot should be in line.) At the same time, turn and pull right hand bending up at right elbow. Left back of hand remains at under right elbow and, at the end, right palm faces towards right.
- 48) Turn the body anti-clockwise and step left foot forward (original front) through rear of right foot to make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Yoko-barai* block. Right fist is pulled back to side.
- 49) Slide forward in *Shiko-dachi* stance in *Ma-hammi* position and perform left *Jodan Ura-uchi* strike. Right fist remains at side.
- 50) Open left hand and hit it with right elbow. Then look back and perform right *Gedan Harai-uke* block towards back (original rear). Left hand is closed again and stays at the same position.
- 51) Step left foot forward (towards original rear) and face right in *Shiko-dachi* stance in *Shomen* position. At the same time, perform left *Kentsui Gedan Uchi-barai* block. Right fist is placed at side at ear height palm facing towards right ear. Right arm forms L-shape.
- 52) Perform *Gedan Kosa-uke* block (cross block). Left is *Gedan Harai-uke* block and right is punch from the top. Both fists are closed and crossed at wrists with the right outside
- 53) Turn clockwise 270 degrees and move left foot to face original rear in right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform *Jodan Kosa-uke* block (cross block) with open hands. Crossed fists should be brought to chest with palms facing towards body before blocking upwards with crossed open hands. Both palms face to sides at the end (back of hands face each other).
- 54) Keeping them crossed, close hands into fists and pull down to chest. Then perform *Nidan-geri* kick (double jumping kick). Left kick (Low) first then jump with right leg and kick with it (high).
- 55) Land forward in right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right vertical *Ura-uchi* strike. (*Kiai!*) Left fist is pulled back to side.
- 56) Move left foot and turn clockwise 180 degrees to face original front in *Hachiji-dachi* stance in *Shomen* position. At the same time, perform right *Sukui-dome* block. Left fist remains at side.
- 57) Move both fists in inward circular manner so that arms cross in front of body. Continue the movement until both fists cover groin like *Yoi* position.
- 58) Close right foot half then left foot half and make *Musubi-dachi* stance in *Shomen* position. At the same time, move hands to *Naotte* position.

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



Kofukan Standardised Katas

Matsukaze

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

- 1) Move right foot to right and turn clockwise to face right in 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 with palm up and fingers pointing forward.
- 2) Pivot on right ball of foot and turn anti-clockwise to face rear (original left) 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 with palm up and fingers pointing forward.
- 3) Look right (original front) and move left foot to make left wide *Sokkutsu-dachi* stance towards original front. Pull back both fists to sides.
- 4) Turn right foot and change stance to *Shiko-dachi* stance in *Shomen* position. Then, perform right then left *Chudan-zuki* punches consecutively. At the end, right fist is pulled back to side.
- 5) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross fists in front of chest and perform *Jodan Kosa-uke* block.
- 6) Bring crossed fists down to chest then open to sides at shoulder height to perform *Kentsui Yoko-barai* blocks.
- 7) Step left foot towards left and make 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 with palm up and fingers pointing forward.
- 8) 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 with palm up and fingers pointing forward.
- 9) Step left foot forward and make 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 with palm up and fingers pointing forward.
- 10) Drop the left heel, lift right knee and, at the same time, perform right *Shuto Jodan Yoko-uchi* block on to left palm of *Shuto-uke* block. Inside of right elbow hits left palm. Right thigh is horizontal and toes are pointing down. Right ankle is placed just above left knee without being crossed behind.
- 11) Land right foot and make right narrow *Sokkutsu-dachi* stance. At the same time, perform left *Jodan-zuki* punch directly from inside right elbow. This is a *Sashi-te* (inserting hand) movement which deflects opponent's punch and hits opponent in one move.
- 12) Turn both feet and make *Heiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan-zuki* punch. Left fist is pulled back to under right upper arm with palm facing down.

Kofukan Standardised Katas Part 2

- 13) Turn both feet and make right narrow *Sokkutsu-dachi* stance. At the same time, perform left *Ura-uke* block. Right fist is pulled back to side.
- 14) Turn both feet and make *Heiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan-zuki* punch. Left open hand is pulled back to on top of right upper arm with palm facing back.
- 15) Move left foot back and turn anti-clockwise to face rear (original right) in left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
- 16) Follow up immediately with right *Chudan Gyaku-zuki* punch. (*Kiai!*) Left fist is pulled back to side.
- 17) 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 with palm up and fingers pointing forward.
- 18) Step left foot forward and make 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 with palm up and fingers pointing forward.
- 19) Drop the left heel, lift right knee and, at the same time, perform right *Shuto Jodan Yoko-uchi* block on to left palm of *Shuto-uke* block. Inside of right elbow hits left palm. Right thigh is horizontal and toes are pointing down. Right ankle is placed just above left knee without being crossed behind.
- 20) Land right foot and make right narrow *Sokkutsu-dachi* stance. At the same time, perform left *Jodan-zuki* punch directly from inside right elbow. This is a *Sashi-te* (inserting hand) movement which deflects opponent's punch and hits opponent in one move.
- 21) Turn both feet and make *Heiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan-zuki* punch. Left fist is pulled back to under right upper arm with palm facing down.
- 22) Turn both feet and make right narrow *Sokkutsu-dachi* stance. At the same time, perform left *Ura-uke* block. Right fist is pulled back to side.
- 23) Turn both feet and make *Heiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan-zuki* punch. Left open hand is pulled back to on top of right upper arm with palm facing back.
- 24) Move right foot and turn left (original front) to make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
- 25) 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.
- 26) Step right foot back and turn clockwise to face rear (original rear) in right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Harai-uke* block. Left fist remains at side.
- 27) Follow up immediately with left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
- 28) Perform left *Mae-geri* kick then land forward to 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.
- 29) Perform right *Mae-geri* kick then land forward to 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.

Kofukan Standardised Katas Part 2

- 30) Perform left *Mae-geri* kick then land forward to make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Gyaku-zuki* punch. (*Kiai!*) Left fist is pulled back to side.
- 31) Cross left foot and turn clockwise to make *Heiko-dachi* stance in *Shomen* position towards rear (original front). At the same time, perform *Sukui-dome* block. At the end, right fist is at ear height. Left fist remains at side.
- 32) Open right foot and move left foot to make *Musubi-dachi* stance in *Shomen* position. At the same time, make *Naotte* position.

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



Kofukan Standardised Katas

Niseishi

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

- 1) Move right foot back and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Sukui-uke* block. Right fist is pulled back to side.
- 2) Perform right *Chudan Gyaku-zuki* punch. Left hand is placed on top of right upper arm palm touching the upper arm.
- 3) Slide forward and regain left *Moto-dachi* stance in *Shomen* position. At the same time, close left hand into fist and push left forearm forward in horizontal position palm facing down. Right fist is pulled back to side.
- 4) Move left foot and turn clockwise to face rear in right *Moto-dachi* stance in *Shomen* position. At the same time, pull left fist back to side, palm up. Right fist remains at side.
- 5) Perform *Morote-zuki* punch. (Perform left *Jodan Gyaku-zuki* punch and right *Gedan Ura-zuki* punch simultaneously.)
- 6) Lift right knee and bring both forearms in front of chest in vertical position, palms facing body.
- 7) Land right foot forward from heel and move left foot forward (sliding action) to make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Kakiwake* block (double *Kote-uke* blocks).
- 8) Step left foot to left (original right) and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Age-uke* block. Right fist is pulled back to side.
- 9) Perform right *Chudan Tate-empi* (vertical elbow) strike. (*Kiai!*) Left fist is pulled back to side.
- 10) Move right foot and turn clockwise to face rear (original left) in right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Kakete* block. Left fist remains at side.
- 11) Perform right *Chudan Mae-geri* kick.
- 12) Land back to regain the same right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
- 13) Move left foot and turn anti-clockwise to face rear (original right) in left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Kakete* block. Right fist remains at side.
- 14) Perform left *Chudan Mae-geri* kick.
- 15) Land back to regain the same left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.

Kofukan Standardised Katas Part 2

- 16) Move left foot back and make *Heiko-dachi* stance in *Shomen* position. Pull right fist back to side. Left fist remains at side.
- 17) Step right foot towards right 45 degree direction (original right rear 45 degrees) and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, press forward with both palms fingertips pointing up, left *Jodan* and right *Gedan*.
- 18) Move left foot and turn anti-clockwise to face rear (original left 45 degrees) in left *Zenkutsu-dachi* stance in *Shomen* position. Left arm moves with body so that, at the end of turning, palm faces the new opponent. Right hand stays at the same place but turns on the spot so that, at the end of turning, fingertips point forward.
- 19) Swing right arm up and forward to point at opponent's eyes with fingertips. Wrist and fingers are straight. At the same time, swing left arm down and back with straight wrist and fingertips.
- 20) Move right foot forward and make *Heisoku-dachi* stance in *Shomen* position. At the same time, swing left arm up and forward and strike right palm with left back of hand.
- 21) Move left foot back and make very low right *Zenkutsu-dachi* stance in *Hammi* position. At the same time, perform *Kari-taoshi* (sweep throw). Right hand pulls heel and left hand pushes knee of the opponent.
- 22) Make both fists in to *Nakataka-ippon-ken* (middle finger one-finger fist) and pull them back to sides. Then perform *Gedan Heiko-zuki* punch (parallel punches). (*Kiai!*) Right punch is to throat and left punch is to solar plexus of the fallen opponent. (Alternatively, right to solar plexus and left to groin.)
- 23) Move left foot and turn anti-clockwise to face rear (original right rear 45 degrees) in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Haishu-uke* block starting from right hip (under right arm). Right fist is pulled back to side.
- 24) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Tate-empi* strike. Left fist is pulled back to side.
- 25) Perform right *Gedan Harai-uke* block. Left fist remains at side.
- 26) Perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
- 27) Move left foot and turn anti-clockwise to face original front in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Haishu-uke* block. Right fist remains at side.
- 28) Step right foot forward and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan Mawashi-empi* strike on left palm.
- 29) Keeping left palm at right elbow, perform right *Gedan Harai-uke* block.
- 30) Move left foot and turn anti-clockwise to face original left rear 45 degree direction in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Haishu-uke* block starting from right hip (under right arm). Right fist is pulled back to side.
- 31) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Tate-empi* strike. Left fist is pulled back to side.
- 32) Perform right *Gedan Harai-uke* block. Left fist remains at side.
- 33) Perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
- 34) Move right foot and turn anti-clockwise to face original front in left *Moto-dachi* stance in *Shomen* position. At the same time, pull left fist back to side, palm up. Right fist remains at side.

Kofukan Standardised Katas Part 2

- 35) Perform *Morote-zuki* punch. (Perform right *Jodan Gyaku-zuki* punch and left *Gedan Ura-zuki* punch simultaneously.)
- 36) 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).



Kofukan Standardised Katas

Seipai

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) Move left foot back and make right *Shiko-dachi* in *Ma-hammi* position. At the same time, perform left *Shotei Osae-uke* block and then right *Chudan Tate-nukite* strike (from behind right hip) in circular manner. *Chudan Tate-nukite* is delivered from behind right hip. At the end, left *Shotei* is placed in front of solar plexus. This is a smooth movement.
- 2) Step left foot forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, join left hand to right hand, with left hand fingers pointing up and right hand fingers pointing forward, then turn them anti-clockwise slightly. This is a smooth movement.
- 3) Turn hands clockwise and push forward.
- 4) Lower body, step right foot forward and make right *Shiko-dachi* stance in *Ma-hammi* position as though you are going under the hands. Then push right elbow up. Hands are in front of chest.
- 5) Step left foot forward and make left *Kokutsu-dachi* stance (in *Ma-hammi* position).
At the same time, perform left *Shotei* (palm heel) *Gedan Harai-uke*. Right elbow is pulled back and up with right hand open and its fingertips pointing towards left hand. This is a smooth movement.
- 6) Perform left *Ura-uke* block. Right hand and elbow position remains the same. This is a smooth movement.
- 7) Move left foot, turn body anti-clockwise and make left *Zenkutsu-dachi* in *Shomen* position. At the same time, perform right horizontal and inwards *Jodan Shuto-uchi* strike. Left open hand is pulled back to side.
- 8) Perform right *Chudan Mae-geri* kick.
- 9) Pull back the kick and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, clench fists and perform left *Ni-no-ude-uke* block (inwards elbow block) followed by left vertical *Jodan Ura-uchi* strike. Right fist is pulled back to side.
- 10) Pivot on left foot and turn clockwise to make right *Nekoashi-dachi* stance in *Shomen* position towards rear. At the same time, perform right *Gedan Harai-uke* block. Left fist is placed under right elbow with its palm facing down and forearm in horizontal position. This is a smooth movement.
- 11) Follow up with right *Chudan Yoko-uke* block. Left fist and forearm position remains the same. This is a smooth movement.
- 12) Open right fist and turn into *Kakete* position. This is a smooth movement.
- 13) Step left foot towards right 45 degree direction, turn clockwise and make right *Sanchin-dachi* stance in *Shomen* position towards right rear 45 degree direction

Kofukan Standardised Katas Part 2

- (original left 45 degree direction). At the same time, wrap the imaginary opponent's arm with left arm and push right fist down to break elbow (*Hiji-ori*). At the end, left fist is pulled back to side and right fist is placed in front of left hip with palm down. This is a smooth movement.
- 14) Cross right foot and turn anti-clockwise (*Sanchin* turning) to face rear (original right rear 45 degree direction) in left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Mawashi-uke* block (circular block) and right *Shotei Kin-uchi* strike (strike to groin). At the end, left *Shotei* is pulled back to side with fingertips pointing down. This is a smooth movement.
 - 15) Slide in and make left *Heiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Yoko-kosa-uke* block (side cross block, right hand on top). This is a smooth movement.
 - 16) Step right foot forward and make right *Shiko-dachi* stance in *Ma-hammi* position but look in the direction to which the body is facing as though you are in *Shomen* position towards original right 45 degree direction. At the same time, put both forearms in horizontal position in front of body palms facing each other. Right hand at solar plexus height and left hand at navel height.
 - 17) Sweep inwards with right foot and, at the same time, open both hands to sides with right palm facing down and left palm facing up. At the end, change hands into *Nakataka-ippou-ken* fists (middle finger one finger fist).
 - 18) Put down right foot and regain *Shiko-dachi* stance. At the same time, punch downwards from hips. (*Kiai!*) As you punch, look downwards towards the fallen imaginary opponent.
 - 19) Step right foot back and make left *Shiko-dachi* stance in *Ma-hammi* position (towards right rear 45 degree direction). At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
 - 20) Starting with right foot, slide in (left foot follows right foot) towards right (original left rear 45 degree direction) and make right *Heiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Yoko-kosa-uke* block (side cross block, left hand on top). This is a smooth movement.
 - 21) Step left foot forward and make left *Shiko-dachi* stance in *Ma-hammi* position but look in the direction to which the body is facing as though you are in *Shomen* position towards original left 45 degree direction. At the same time, put both forearms in horizontal position in front of body palms facing each other. Left hand at solar plexus height and right hand at navel height.
 - 22) Sweep inwards with left foot and, at the same time, open both hands to sides with left palm facing down and right palm facing up. At the end, change hands into *Nakataka-ippou-ken* fists (middle finger one finger fist).
 - 23) Put down left foot and regain *Shiko-dachi* stance. At the same time, punch downwards from hips. (*Kiai!*) As you punch, look downwards towards the fallen imaginary opponent.
 - 24) Step left foot back and make right *Shiko-dachi* stance in *Ma-hammi* position (towards left rear 45 degree direction). At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
 - 25) Move right foot to align with left foot towards original front and bring left fist to right hip while placing right fist behind the back (*Kakushi-ken*, hidden fist). Turn anti-clockwise and make left *Nekoashi-dachi* stance in *Hammi* position towards original front. At the same time, perform left *Jodan Yoko-uke* block and right *Jodan Furi-uchi* strike simultaneously (similar to *Pin'an Shodan* first movement).

Kofukan Standardised Katas Part 2

- 26) Step right foot forward and bring right fist to left hip while placing left fist behind the back (*Kakushi-ken*, hidden fist). Step left foot forward behind right leg and make right *Bensoku-dachi* stance (deep cross stance). At the same time, perform right *Jodan Yoko-uke* block and left *Jodan Furi-uchi* strike simultaneously (similar to *Pin'an Shodan* first movement).
- 27) Turn anti-clockwise and face original right in left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Kakete* (hook hand) block. Right open hand is placed in front of solar plexus with finger tips pointing forward. This is a smooth movement.
- 28) Turn body clockwise and make right *Sokkutsu-dachi* stance. At the same time, perform left *Shokento Harai-uke* block. Right fist is pulled back to side.
- 29) Follow up with left vertical *Jodan Ura-uchi* strike. Right fist remains at side.
- 30) Turn back body and regain left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist is pulled back to side. This is a smooth movement.
- 31) Perform right *Chudan Mae-geri* kick. Bring back the kick and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Ura-zuki* punch. Right *Shotei* is placed in front of solar plexus.
- 32) Move left foot and turn clockwise to face original left in right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform right *Kakete* (hook hand) block. Left open hand is placed in front of solar plexus with finger tips pointing forward. This is a smooth movement.
- 33) Turn body anti-clockwise and make left *Sokkutsu-dachi* stance. At the same time, perform right *Shokento Harai-uke* block. Left fist is pulled back to side.
- 34) Follow up with right vertical *Jodan Ura-uchi* strike. Left fist remains at side.
- 35) Turn back body and regain right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block. Right fist is pulled back to side. This is a smooth movement.
- 36) Perform left *Chudan Mae-geri* kick. Bring back the kick and make right *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Gedan Ura-zuki* punch. Left *Shotei* is placed in front of solar plexus.
- 37) Move left foot and turn clockwise to face original front in right *Nekoashi-dachi* stance in *Shomen* position. At the same time, put both forearms in horizontal position in front of body palms facing each other. Right hand at solar plexus height and left hand at navel height. (*Ninoji-gamae*)
- 38) Perform right *Jodan Shuto Age-uke* block then extend left arm forward at the same height as right hand with palm facing up.
- 39) Turn both hands clockwise until they are in vertical position with thumbs on top. Then step right foot back and, as you step back, clench both hands into fists and pull down in front of right foot. Upper body leans forward quite deeply and left foot slides back a little to make low and short left *Nekoashi-dachi* stance in *Shomen* position. At the end, little finger side of left fist touches thumb side of right fist.
- 40) Open left fist and hit its palm with right *Kentsui-uchi* strike in a clockwise circular manner.
- 41) Move left foot and raise body to make *Musubi-dachi* stance. *Naotte* position.

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



Kofukan Standardised Katas

Seisan

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) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. 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 strike left palm with right *Shuto* (knife hand) in front of body.
- 8) Perform right horizontal *Jodan Nukite* (fingertips) strike to eyes in slashing manner. Left open hand is placed in front of solar plexus with palm down and fingers pointing forward.
- 9) Repeat the same movement with left then right.
- 10) Lift right knee and, at the same time, perform *Chudan Sukui-uke* (scooping block) with both hands. This is a smooth movement.
- 11) Land right foot forward and, as body moves forward, body touches both elbows. Then left foot follows to regain right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform *Chudan Wa-uke* block with both arms. This is a sharp movement. (1st)
- 12) Lift right knee and, at the same time, perform *Chudan Sukui-uke* (scooping block) with both hands. This is a smooth movement.
- 13) Land right foot forward and, as body moves forward, body touches both elbows. Then left foot follows to regain right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform *Chudan Wa-uke* block with both arms. This is a sharp movement. (2nd)
- 14) Lift right knee and, at the same time, perform *Chudan Sukui-uke* (scooping block) with both hands. This is a smooth movement.
- 15) Land right foot forward and, as body moves forward, body touches both elbows. Then left foot follows to regain right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform *Chudan Wa-uke* block with both arms. This is a sharp movement. (3rd)

Kofukan Standardised Katas Part 2

- 16) Close hands into fists, close elbows and turn hands to make palms face up as you start pulling fists back. At the end, both fists are pulled back to sides.
- 17) Perform right *Kansetsu-geri* kick without turning body.
- 18) Pull back the kick and land across with outer edge of foot (*Sanchin* turning).
- 19) Turn anti-clockwise and face rear in left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Ura-uke* block and right *Shotei* strike to rear (original front) simultaneously. (*Kiai!*)
- 20) After strike, right *Shotei* returns naturally to rear side of right thigh. Then turn left *Ura-uke* hand to *Kakete* (hook hand) block position.
- 21) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform right *Kuri-uke* block. Left *Shotei* is placed in front of left thigh.
- 22) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Kuri-uke* block. Right *Shotei* is placed in front of right thigh.
- 23) Slide to right (original left) and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Kakete* block. Left hand is placed in front of solar plexus with palm down and fingertips pointing forward.
- 24) Perform left then right consecutive *Chudan-zuki* punches (*Ren-zuki*). Left punch starts from the previous position (in front of solar plexus). At the end, left fist is pulled back to side.
- 25) Perform right *Gedan Harai-uke* block in smooth manner. Then perform right *Gedan Kansetsu-geri* kick without turning body. Left fist remains at side.
- 26) Pull back the kick and land across with outer edge of foot (*Sanchin* turning).
- 27) Turn anti-clockwise and face rear (original right) in left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Kakete* block. Right hand is placed in front of solar plexus with palm down and fingertips pointing forward.
- 28) Slide forward and regain left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Kakete* block. Right hand is placed in front of solar plexus with palm down and fingertips pointing forward.
- 29) Perform right *Chudan Gyaku-zuki* punch. Right punch starts from the previous position (in front of solar plexus). Left fist is pulled back to side.
- 30) Perform left then right consecutive *Chudan-zuki* punches (*Ren-zuki*). At the end, left fist is pulled back to side.
- 31) Perform right *Gedan Harai-uke* block in smooth manner. Then perform right *Gedan Kansetsu-geri* kick without turning body. Left fist remains at side.
- 32) Pull back the kick and land towards right (original rear) and make *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform right *Jodan Age-zuki* punch. Left hand is placed in front of solar plexus with finger tips pointing up and palm facing towards opponent. (*Shotei Osae-uke* block)
- 33) Follow up with right *Jodan Ura-uchi* strike, then right *Gedan Harai-uke* block. As you block, pull back left fist to side.
- 34) Perform left *Chudan Kagi-zuki* punch. Right fist is pulled back to side.
- 35) Move right foot back and make right *Musubi-dachi* stance in *Ma-hammi* position. At the same time, pull back left fist to side so that both fists are pulled back to sides.
- 36) Perform right *Kansetsu-geri* kick.

Kofukan Standardised Katas Part 2

- 37) Pull back the kick, land right foot and turn anti-clockwise to face rear (original front) in left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Kakete* block. Right hand is placed in front of solar plexus with palm down and fingertips pointing forward.
- 38) Pull both fists back to sides, then perform right *Chudan Mae-geri* kick. Do not cross arms when pulling back fists.
- 39) Land back right foot to make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right horizontal *Chudan Nukite* strike. Left hand is placed on top of right upper arm with palm facing down and touching upper arm. (*Kiai!*)
- 40) Move left foot back a little and make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, bring both hands to right hip then perform *Tomoe-uke* block. At the end, right *Jodan Shotei* and left *Gedan Shotei*. This is a smooth movement.
- 41) Move left foot back and make *Musubi-dachi* stance. *Naotte* position.

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