

Kofukan Standardised Katas

Part 4



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January 2022

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Kofukan Standardised Katas Part 4



Kofukan Standardised Katas (4)

(January 2022)

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Shiho 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 move each in a circular manner (right clockwise, left anti-clockwise) and strike left palm with right *Shuto* at height of navel.
- 2) Turn to right and, moving right foot slightly, 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.
- 3) Turn anti-clockwise 180 degrees 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.
- 4) Step right foot forward (original left) 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.
- 5) 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 facing up.
- 6) 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.
- 7) Move left foot and turn anti-clockwise 180 degrees to face rear (original right) 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.
- 8) Perform right *Chudan Mae-geri* kick. Land forward and turn anti-clockwise 180 degrees to face rear (original left) 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.
- 9) 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.
- 10) Step right foot forward and turn anti-clockwise 180 degrees to face rear (original right), then step left foot back to 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.
- 11) Step left foot forward (original right) and make left *Nekoashi-dachi* stance in

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- 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.
- 12) 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.
 - 13) Move left foot and turn anti-clockwise 180 degrees to face rear (original left) 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.
 - 14) Perform right *Chudan Mae-geri* kick. Land forward and turn anti-clockwise 180 degrees to face rear (original right) 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.
 - 15) 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.
 - 16) Bring left foot back and 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.
 - 17) Turn to left (original front) 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 right 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 right 45 degrees direction from original front). 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 left 45 degrees 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.
 - 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 right 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* (press down) block. Right fist is placed in front of left shoulder. Then

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- 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 right foot towards rear (original left).
 - 37) Turn anti-clockwise a further 180 degrees to face original right (360 degrees spin in total), bring left foot back and bend right knee to land down with left foot and both hands (*Fukko-kamae*, crouching tiger position). Left heel is raised. (This sequence 36 & 37 can be performed by spinning jump.)
 - 38) Stand up on right leg, 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 facing up.
 - 39) Perform left *Chudan Osae-uke* (press-down) block with left palm. Right palm remains at solar plexus.
 - 40) 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.
 - 41) 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 right elbow. Left back of hand remains at under right elbow and, at the end, right palm faces towards right.
 - 42) Turn the body anti-clockwise and step left foot forward (original right) 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.
 - 43) Perform left *Jodan Ura-uchi* strike. Right fist remains at side.
 - 44) Open left hand and hit it with right elbow. Then look back and perform right *Gedan Harai-uke* block towards back (original left). Left hand is closed again and stays at the same position.
 - 45) Move left foot and turn clockwise 90 degrees to face original front in right *Zenkutsu-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.
 - 46) 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.
 - 47) 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).
 - 48) 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).

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- 49) Land forward in *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right vertical *Ura-uchi* strike. (*Kiai!*) Left fist is pulled back to side.
- 50) Move left foot back a little then right foot back and make *Hachiji-dachi* stance in *Shomen* position. At the same time, pull back right fist to side so both fists are now pulled back to sides.
- 51) Lower fists to protect groin (*Yoi* position).
- 52) 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).

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Naihanchin Shodan

Musubi-dachi and *Rei* (bow)

Naotte position in *Heisoku-dachi* stance then announce the name of the Kata.

- 1) Look right, shift weight on to right leg, bend right knee a little to lower the body, then lift left foot and step to right.
- 2) Shift weight on to left leg, move body to right and bring right hand to left hip. (Actually, right hand stays in the same place and body moves to right, resulting in right hand being at left hip.)
- 3) Step right foot to right and make *Naihanchin-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan Haishu-uke* block. Left fist is pulled back to side.
- 4) Bend right elbow and pull back right hand. At the same time, strike right palm with left *Chudan Mawashi-empi* (elbow strike).
- 5) Look towards original front and bring both fists to right hip, palms facing each other.
- 6) Look left and perform left *Gedan Harai-uke* block. Right fist remains at side.
- 7) Follow up with right *Chudan Kagi-zuki* punch. Left fist is pulled back to side.
- 8) Keep looking left and step right foot to left.
- 9) Look forward and step left foot to left to make *Naihanchin-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist remains at side.
- 10) Perform left *Chudan Yoko-uke* block and right *Gedan harai-uke* block simultaneously.
- 11) Perform left *Ura-uchi* strike as follows: Pull back left fist a little from *Yoko-uke* position and immediately strike, then back to *Yoko-uke* position. This is a small sharp movement. Right fist is placed under left elbow with palm facing down.
- 12) Look left and perform left *Namigaeshi* ('return wave'): Sweep up inwards with sole of foot (a bit higher than knee level). Try not to move body.
- 13) As you return to *Naihanchin-dachi* stance, perform left *Kote-uke* block to left. This block can be performed sharply or smoothly. Right fist remains at under left elbow.
- 14) Look right and perform right *Namigaeshi* (as #12).
- 15) As you return to *Naihanchin-dachi* stance, perform left *Yoko-uchi* block to right. This block can be performed sharply or smoothly. Right fist remains at under left elbow.
- 16) Look forward and bring both fists to right hip, palms facing each other.
- 17) Look left and perform left *Yoko-barai* block at shoulder height and right *Kagi-zuki* punch at solar plexus height simultaneously. (*Kiai!*)
- 18) Keep looking left and perform left *Haishu-uke* block in a circular manner from previous *Yoko-barai* position. Right fist is pulled back to side.

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- 19) Bend left elbow and pull back left hand. At the same time, strike left palm with right *Chudan Mawashi-empi* (elbow strike).
- 20) Look forward and bring both fists to left hip palms facing each other.
- 21) Look right and perform right *Gedan Harai-uke* block. Left fist remains at side.
- 22) Follow up with left *Chudan Kagi-zuki* punch. Right fist is pulled back to side.
- 23) Keep looking right and step left foot to right.
- 24) Look forward and step right foot to right to make *Naihanchin-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block. Right fist remains at side.
- 25) Perform right *Chudan Yoko-uke* block and left *Gedan harai-uke* block simultaneously.
- 26) Perform right *Ura-uchi* strike as follows: Pull back right fist a little from *Yoko-uke* position and immediately strike, then back to *Yoko-uke* position. This is a small sharp movement. Left fist is placed under right elbow with palm facing down.
- 27) Look right and perform right *Namigaeshi* ('return wave'). Sweep up inwards with sole of foot (a bit higher than knee level). Try not to move body.
- 28) As you return to *Naihanchin-dachi* stance, perform right *Kote-uke* block to right. This block can be performed sharply or smoothly. Left fist remains at under right elbow.
- 29) Look left and perform left *Namigaeshi* (as # 27).
- 30) As you return to *Naihanchin-dachi* stance, perform right *Yoko-uchi* block to left. This block can be performed sharply or smoothly. Left fist remains at under right elbow.
- 31) Look forward and bring both fists to left hip, palms facing each other.
- 32) Look right and perform right *Yoko-barai* block at shoulder height and left *Kagi-zuki* punch at solar plexus height simultaneously. (*Kiai!*)
- 33) Keeping looking right, bring right foot to left foot and make *Heisoku-dachi* stance without getting higher. At the same time, bring both hands directly to *Naotte* position. (*Zanshin*)
- 34) Look forward and straighten knees to make proper *Naotte* position.

Bring hands to sides and, at the same time, open toes to make *Musubi-dachi* stance. *Rei* (bow).

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Naihanchin Nidan

Musubi-dachi and *Rei* (bow)

Naotte position in *Heisoku-dachi* stance then announce the name of the Kata.

- 1) Look right, shift weight on to right leg, bend right knee a little to lower the body, lift left foot and step to right. At the same time, bend elbows and bring both fists in front of chest, palms facing downwards and inwards.
- 2) Step right foot to right and make *Naihanchin-dachi* stance in *Ma-hammi* position. At the same time, perform right *Chudan Kote-uke* block and left *Chudan Kagi-zuki* punch simultaneously.
- 3) Keep looking right and step left foot to right. At the same time, perform right *Gedan Uchi-harai-uke* block using bottom fist (*Kentsui*). Left open hand is placed at right elbow palm touching inside elbow.
- 4) Step right foot to right and make *Naihanchin-dachi* stance in *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* block without turning arm, thus using thumb side of arm. Left palm remains at right elbow.
- 5) Look towards original front, move left foot and make *Heisoku-dachi* stance in *Shomen* position. At the same time, bend elbows and bring both fists in front of chest, palms facing downwards and inwards.
- 6) Look left then step left foot to left and make *Naihanchin-dachi* stance in *Ma-hammi* position. At the same time, perform left *Chudan Kote-uke* block and right *Chudan Kagi-zuki* punch simultaneously.
- 7) Keep looking left and step right foot to left. At the same time, perform left *Gedan Uchi-harai-uke* block using bottom fist (*Kentsui*). Right open hand is placed at left elbow, palm touching inside elbow.
- 8) Step left foot to left and make *Naihanchin-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block without turning arm, thus using thumb side of arm. Right palm remains at right elbow.
- 9) Look right and bring right fist and left open hand to left hip, right on top and right back of hand touching left palm.
- 10) Perform right *Chudan Sasae-uke* block towards right, left palm supporting right bottom fist.
- 11) Perform right *Namigaeshi* ('return wave'). Sweep up inwards with sole of foot, a bit higher than knee level. Try not to move body.
- 12) As you return to *Naihanchin-dachi* stance, pull back right fist and left palm to centre of body in front of solar plexus. Elbows are open and both forearms make one horizontal line. Left palm is still touching right bottom fist.
- 13) Perform right *Chudan Haishu-uke* block towards right. Left fist is pulled back to side.
- 14) Perform left *Chudan Kagi-zuki* punch towards right. Right fist is pulled back to side.

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- 15) Keep looking right and step left foot to right.
- 16) Look forward and step right foot to right to make *Naihanchin-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block. Right fist remains at side.
- 17) Perform right *Chudan Yoko-uke* block and left *Gedan harai-uke* block simultaneously.
- 18) Perform right *Ura-uchi* strike as follows: Pull back right fist a little from *Yoko-uke* position and immediately strike, then back to *Yoko-uke* position. This is a small sharp movement. Left fist is placed under right elbow with palm facing down. (*Kiai!*)
- 19) Look left and bring left fist and right open hand to right hip, left on top and left back of hand touching right palm.
- 20) Perform left *Chudan Sasae-uke* block towards left, right palm supporting left bottom fist.
- 21) Perform left *Namigaeshi* ('return wave'). Sweep up inwards with sole of foot, a bit higher than knee level. Try not to move body.
- 22) As you return to *Naihanchin-dachi* stance, pull back left fist and right palm to centre of body in front of solar plexus. Elbows are open and both forearms make one horizontal line. Right palm is still touching left bottom fist.
- 23) Perform left *Chudan Haishu-uke* block towards left. Right fist is pulled back to side.
- 24) Perform right *Chudan Kagi-zuki* punch towards left. Left fist is pulled back to side.
- 25) Keep looking left and step right foot to left.
- 26) Look forward and step left foot to left to make *Naihanchin-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist remains at side.
- 27) Perform left *Chudan Yoko-uke* block and right *Gedan harai-uke* block simultaneously.
- 28) Perform left *Ura-uchi* strike as follows: Pull back left fist a little from *Yoko-uke* position and immediately strike, then back to *Yoko-uke* position. This is a small sharp movement. Right fist is placed under left elbow with palm facing down. (*Kiai!*)
- 29) Move right foot and make *Heisoku-dachi* stance. *Naotte* position.

Bring hands to sides and, at the same time, open toes to make *Musubi-dachi* stance. *Rei* (bow).

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Kofukan Standardised Katas (4)

Naihanchin Sandan

Musubi-dachi and *Rei* (bow)

Naotte position in *Heisoku-dachi* stance then announce the name of the Kata.

- 1) Move right foot to right and make *Naihanchin-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block. Right fist is pulled back to side.
- 2) Perform right *Chudan Yoko-uke* block and left *Gedan harai-uke* block simultaneously.
- 3) Perform right *Ura-uchi* strike as follows: Pull back right fist a little from *Yoko-uke* position and immediately strike, then back to *Yoko-uke* position. This is a small sharp movement. Left fist is placed under right elbow with palm facing down.
- 4) Perform right *Yoko-uchi* block then *Yoko-uke* block. Left fist remains at under right elbow with palm facing down.
- 5) Perform right *Ura-uchi* strike as follows: Pull back right fist a little from *Yoko-uke* position and immediately strike, then back to *Yoko-uke* position. This is a small sharp movement. Left fist remains at under right elbow with palm facing down.
- 6) Pull back right fist to right hip and place left open hand on top, palms facing each other.
- 7) Perform right *Chudan-zuki* punch. Punching arm slides under left palm. At the end, left palm is on upper arm just above elbow.
- 8) Look right, turn and pull back right fist a little. Right palm facing up and left palm remains at right upper arm.
- 9) Step left foot to right.
- 10) Step right foot to right and make *Naihanchin-dachi* stance in *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* block without turning arm thus using thumb side of arm towards right. Then move right fist in anti-clockwise circular manner to perform right *Gedan Harai-uke* block using bottom fist side of arm towards right.
- 11) Look towards original front, pull back right fist to right hip and place left open hand on top, palms facing each other.
- 12) Perform right *Chudan-zuki* punch. Punching arm slides under left palm. At the end, left palm is on upper arm just above elbow. (*Kiai!*)
- 13) Perform right *Chudan Yoko-uke* block and left *Gedan harai-uke* block simultaneously.
- 14) Perform left *Chudan Yoko-uke* block and right *Gedan harai-uke* block simultaneously.
- 15) Perform left *Ura-uchi* strike as follows: Pull back left fist a little from *Yoko-uke* position and immediately strike, then back to *Yoko-uke* position. This is a small

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- sharp movement. Right fist is placed under left elbow with palm facing down.
- 16) Step right foot to left.
 - 17) Step left foot to left and make *Naihanchin-dachi* stance in *Shomen* position. At the same time, perform left *Yoko-uchi* block then *Yoko-uke* block. Right fist remains at under left elbow with palm facing down.
 - 18) Perform left *Ura-uchi* strike as follows: Pull back left fist a little from *Yoko-uke* position and immediately strike, then back to *Yoko-uke* position. This is a small sharp movement. Right fist remains at under left elbow with palm facing down.
 - 19) Pull back left fist to left hip and place right open hand on top, palms facing each other.
 - 20) Perform left *Chudan-zuki* punch. Punching arm slides under right palm. At the end, right palm is on upper arm just above elbow.
 - 21) Look left, turn and pull back left fist a little. Left palm facing up and right palm remains at left upper arm.
 - 22) Step right foot to left.
 - 23) Step left foot to left and make *Naihanchin-dachi* stance in *Ma-hammi* position. At the same time, perform left *Gedan Harai-uke* block without turning arm thus using thumb side of arm towards left. Then move left fist in clockwise circular manner to perform left *Gedan Harai-uke* block using bottom fist side of arm towards left.
 - 24) Look towards original front, pull back left fist to left hip and place right open hand on top, palms facing each other.
 - 25) Perform left *Chudan-zuki* punch. Punching arm slides under right palm. At the end, right palm is on upper arm just above elbow. (*Kiai!*)
 - 26) Look right and perform right *Chudan Haishu-uke* block towards right. Left fist is pulled back to side.
 - 27) Perform left *Chudan Kagi-zuki* punch towards right. Right fist is pulled back to side.
 - 28) Keep looking right and step left foot to right.
 - 29) Look forward and step right foot to right to make *Naihanchin-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block. Right fist remains at side.
 - 30) Perform right *Chudan Yoko-uke* block and left *Gedan harai-uke* block simultaneously.
 - 31) Perform right *Ura-uchi* strike as follows: Pull back right fist a little from *Yoko-uke* position and immediately strike, then back to *Yoko-uke* position. This is a small sharp movement. Left fist is placed under right elbow with palm facing down.
 - 32) Move right foot and make *Heisoku-dachi* stance. *Naotte* position.

Bring hands to sides and, at the same time, open toes to make *Musubi-dachi* stance. *Rei* (bow).

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Kofukan Standardised Katas (4)

Wanshu

Musubi-dachi and *Rei* (bow).

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

- 1) Bend elbows and bring both fists to in front of body, right at solar plexus height and left at just above navel height, right palm facing down and left facing up.
- 2) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
- 3) Look right, move right foot to right and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Harai-uke* block followed by left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
- 4) Look left (original front), step left foot to left and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Gedan Harai-uke* block followed by left *Chudan Haishu-uke* block. Right fist remains at side.
- 5) Lower left heel and lift right knee to make *Sagiashi-dachi* stance. At the same time, strike left palm with right *Yoko-uchi* block. Inside elbow hits left palm.
- 6) Land right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Oi-zuki* punch followed by left *Chudan Gyaku-zuki* punch (*Niren-zuki*, two consecutive punches). (*Kiai!*)
- 7) Look left and step left foot to left to make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform left *Gedan Harai-uke* block followed by left *Chudan Haishu-uke* block. Right fist remains at side.
- 8) Perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
- 9) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Haishu-uke* block. Left fist remains at side.
- 10) Lower right heel, step left foot to the right of right foot and make right *Kosa-dachi* stance. Left heel is raised. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to left shoulder with lowered elbow.
- 11) Follow up with right *Gedan Harai-uke* block. Left fist is pulled back to side.
- 12) Move left foot back and turn anti-clockwise to face rear (original right) in left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform left *Gedan Harai-uke* block followed by left *Chudan Haishu-uke* block. Right fist remains at side.
- 13) Perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
- 14) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Haishu-uke* block. Left fist remains at side.
- 15) Lower right heel, step left foot to the right of right foot and make right *Kosa-dachi* stance. Left heel is raised. At the same time, perform left *Chudan Gyaku-*

Kofukan Standardised Katas Part 4

- zuki* punch. Right fist is pulled back to left shoulder with lowered elbow.
- 16) Follow up with right *Gedan Harai-uke* block. Left fist is pulled back to side.
 - 17) Look left (original front) and move left foot to left to make left *Heiko-dachi* stance in *Shomen* position. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
 - 18) Follow up with right *Chudan Sukui-uke* block. Left fist is pulled back to side.
 - 19) Step right foot forward and make right *Heiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block and left *Gedan Harai-uke* block simultaneously.
 - 20) Step left foot forward and make left *Heiko-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block and right *Gedan Harai-uke* block simultaneously.
 - 21) Step right foot forward and make right *Heiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block and left *Gedan Harai-uke* block simultaneously.
 - 22) Move left foot back and make right *Kokutsu-dachi* stance in *Ma-hammi* position. At the same time, perform right *Gedan Harai-uke* block. Left forearm is placed in front of body at solar plexus height, parallel to body with palm facing down.
 - 23) Move right foot a little to left and turn anti-clockwise to face rear in left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Age-uke* block. Right fist is pulled back to side.
 - 24) Step right foot forward, turn anti-clockwise to face rear (original front), then step left foot back and make right *Nekoashi-dachi* stance in *Hammi* position towards original front. At the same time, perform right *Chudan Shuto-uke* block. Left *Shuto* is placed in front of solar plexus with palm up and fingertips pointing towards opponent.
 - 25) Move right foot back 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 up and fingertips pointing towards opponent.
 - 26) Move left foot back and make *Heisoku-dachi* stance. *Naotte* position.

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

Kofukan Standardised Katas Part 4



Kofukan Standardised Katas (4)

Rohai Shodan

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

- 1) Move right foot to right and make *Shiko-dachi* stance in *Shomen* position. At the same time, pull back both fists to sides.
- 2) Open hands, cross arms and perform *Chudan Morote Haishu-uke* block (simultaneous *Haishu-uke* blocks of both hands).
- 3) Look left, place left forearm in front of forehead with palm facing out and right forearm in front of body below solar plexus with palm facing up.
- 4) Perform left *Kentsui Uchiotoshi* block towards left. Right fist is pulled back to side.
- 5) Perform right *Chudan Tate-nukite* (vertical spear hand) strike towards left. This is a short strike similar to *Kagi-zuki* punch. Left fist is pulled back to side.
- 6) Perform left *Chudan Kakete* block towards left. Right fist is pulled back to side.
- 7) Perform right *Chudan-zuki* punch towards left. Left fist is pulled back to side.
- 8) Step right foot to left, turn anti-clockwise to face rear in *Shiko-dachi* stance in *Shomen* position. At the same time, pull back both fists to sides.
- 9) Open hands, cross arms and perform *Chudan Morote Haishu-uke* block (simultaneous *Haishu-uke* blocks of both hands).
- 10) Perform left *Chudan-zuki* punch, then right *Chudan-zuki* punch (*Niren-zuki*, two consecutive punches). Left fist is pulled back to side. (*Kiai!*)
- 11) Look right (original left) and lift right foot in front of left knee to make *Mae Sagiashi-dachi* stance in *Ma-hammi* position towards right. At the same time, perform right *Gedan Uchi Nagashi-uke* block using right palm. Left forearm is placed in front of forehead with palm facing out.
- 12) Turn body clockwise, land right foot back and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Kentsui Uchiotoshi* block. Right fist is pulled back to side.
- 13) Step right foot forward (original left) 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.
- 14) Lift right foot in front of left knee to make *Mae Sagiashi-dachi* stance in *Ma-hammi* position towards right. At the same time, perform right *Gedan Uchi Nagashi-uke* block using right palm. Left forearm is placed in front of forehead with palm facing out.
- 15) Turn body clockwise, land right foot back and make left *Shiko-dachi* stance in *Ma-hammi* position. At the same time, perform left *Kentsui Uchiotoshi* block. Right fist is pulled back to side.
- 16) Step right foot forward (original left) and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Oi-zuki* punch. Left

Kofukan Standardised Katas Part 4

- fist is pulled back to side.
- 17) Bring both fists to left hip, right on top of left, palms facing each other.
 - 18) Perform left *Jodan Gyaku-zuki* punch and right *Gedan Ura-zuki* punch simultaneously (*Morote-zuki*).
 - 19) Bring right foot back and make *Musubi-dachi* stance in *Shomen* position. At the same time, bring both fists to right hip, left on top of right, palms facing each other.
 - 20) Step left foot forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Gyaku-zuki* punch and left *Gedan Ura-zuki* punch simultaneously (*Morote-zuki*).
 - 21) Bring left foot back and make *Musubi-dachi* stance in *Shomen* position. At the same time, bring both fists to left hip, right on top of left, palms facing each other.
 - 22) Step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Gyaku-zuki* punch and right *Gedan Ura-zuki* punch simultaneously (*Morote-zuki*). (*Kiai!*)
 - 23) Turn body anti-clockwise, step right foot back, then left foot, to face the same direction (original left) in right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block.
 - 24) Step left foot forward and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block.
 - 25) Turn body clockwise and move back right foot a little to face right (original front) in *Shiko-dachi* stance in *Shomen* position. At the same time, pull back both fists to sides.
 - 26) Open hands, cross arms and perform *Chudan Morote Haishu-uke* block (simultaneous *Haishu-uke* blocks of both hands).
 - 27) Move right foot and make *Musubi-dachi* stance. *Naotte* position.

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

Kofukan Standardised Katas Part 4



Kofukan Standardised Katas (4)

Rohai Nidan

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

- 1) Move right foot to right and make *Shiko-dachi* stance in *Shomen* position. At the same time, pull back both fists to sides.
- 2) Open hands, cross arms and perform *Chudan Morote Haishu-uke* block (simultaneous *Haishu-uke* blocks of both hands).
- 3) Step left foot forward and turn body clockwise to face right in *Shiko-dachi* stance in *Shomen* position. At the same time, pull back both fists to sides.
- 4) Open hands, cross arms and perform *Chudan Morote Haishu-uke* block (simultaneous *Haishu-uke* blocks of both hands).
- 5) Step left foot towards left 45 degrees direction (original right 45 degrees direction) and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Kakete* block. Right fist is pulled back to side.
- 6) Lower left heel and cross right foot behind left with heel up to make *Kosa-dachi* stance. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. (Left No. 1)
- 7) Step left foot forward and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Kakete* block. Right fist is pulled back to side.
- 8) Lower left heel and cross right foot behind left with heel up to make *Kosa-dachi* stance. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. (Left No. 2)
- 9) Step left foot forward and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Kakete* block. Right fist is pulled back to side.
- 10) Lower left heel and cross right foot behind left with heel up to make *Kosa-dachi* stance. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. (Left No. 3)
- 11) Move right foot towards right 45 degrees direction (original rear right 45 degrees direction) and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Kakete* block. Left fist remains at side.
- 12) Lower right heel and cross left foot behind right with heel up to make *Kosa-dachi* stance. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side. (Right No. 1)
- 13) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Kakete* block. Left fist is pulled back to side.
- 14) Lower right heel and cross left foot behind right with heel up to make *Kosa-dachi* stance. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is

Kofukan Standardised Katas Part 4

- pulled back to side. (Right No. 2)
- 15) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Kakete* block. Left fist is pulled back to side.
 - 16) Lower right heel and cross left foot behind right with heel up to make *Kosa-dachi* stance. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side. (Right No. 3)
 - 17) Step right foot towards original front and make right *Re-no-ji-dachi* stance in *Hammi* position towards original front. At the same time, push both palms towards left at solar plexus height. Right in front with forearm length distance between them and both hands are at the level of left outer edge of body.
 - 18) Move right foot forward and turn body anti-clockwise to face left in *Shiko-dachi* stance in *Shomen* position. At the same time, pull back both fists to sides.
 - 19) Open hands, cross arms and perform *Chudan Morote Haishu-uke* block (simultaneous *Haishu-uke* blocks of both hands).
 - 20) Step left foot towards left 45 degrees direction (original rear left 45 degrees direction) and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Kakete* block. Right fist is pulled back to side.
 - 21) Lower left heel and cross right foot behind left with heel up to make *Kosa-dachi* stance. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. (Left No. 1)
 - 22) Step left foot forward and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Kakete* block. Right fist is pulled back to side.
 - 23) Lower left heel and cross right foot behind left with heel up to make *Kosa-dachi* stance. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. (Left No. 2)
 - 24) Step left foot forward and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Kakete* block. Right fist is pulled back to side.
 - 25) Lower left heel and cross right foot behind left with heel up to make *Kosa-dachi* stance. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. (Left No. 3)
 - 26) Move right foot towards right 45 degrees direction (original left 45 degrees direction) and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Kakete* block. Left fist remains at side.
 - 27) Lower right heel and cross left foot behind right with heel up to make *Kosa-dachi* stance. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side. (Right No. 1)
 - 28) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Kakete* block. Left fist is pulled back to side.
 - 29) Lower right heel and cross left foot behind right with heel up to make *Kosa-dachi* stance. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side. (Right No. 2)
 - 30) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Kakete* block. Left fist is pulled back to side.
 - 31) Lower right heel and cross left foot behind right with heel up to make *Kosa-dachi*

Kofukan Standardised Katas Part 4

- stance. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side. (Right No. 3)
- 32) Step right foot towards original rear and make right *Re-no-ji-dachi* stance in *Hammi* position towards original rear. At the same time, push both palms towards left at solar plexus height. Right in front with forearm length distance between them and both hands are at the level of left outer edge of body.
 - 33) Move right foot to left and turn body anti-clockwise to face original front in *Shiko-dachi* stance in *Shomen* position. At the same time, pull back both fists to sides.
 - 34) Open hands, cross arms and perform *Chudan Morote Haishu-uke* block (simultaneous *Haishu-uke* blocks of both hands).
 - 35) Perform left *Chudan-zuki* punch, then right *Chudan-zuki* punch (*Niren-zuki*, two consecutive punches). Left fist is pulled back to side.
 - 36) Step left foot towards left 45 degrees direction 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.
 - 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) Move right foot towards right 45 degrees direction and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Age-uke* block. Left fist remains at side.
 - 39) Step left foot forwards 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) Move left foot and face original front in left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Yokobarae* block directly from *Oi-zuki* position. Right fist remains at side.
 - 41) Open left hand and kick palm with sole of right foot (*Uchi-mawashi-geri* kick).
 - 42) Bring back right foot then step left foot back behind right and make right *Kosa-dachi* stance facing towards right. Left fist is pulled back to side so both fists are at sides.
 - 43) Bend knees and drop body and perform *Gedan Kosa-uke* block with right arm on top of left.
 - 44) Step left foot towards original left 45 degrees direction and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform *Jodan Wa-uke* block with fists.
 - 45) Step right foot towards original right 45 degrees direction and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform *Jodan Wa-uke* block with fists.
 - 46) Move right foot and face original front in right *Moto-dachi* stance in *Shomen* position. At the same time, perform *Chudan Morote Sho-kentoh Uchiotoshi* block directly from *Jodan Wa-uke* position.
 - 47) Slide forward (*Yori-ashi*) and regain right *Moto-dachi* stance in *Shomen* position. At the same time, turn fists and perform (vertical) *Morote Ura-uchi* strike. (*Kiai!*)
 - 48) Turn anti-clockwise, move left foot and make left *Moto-dachi* stance in *Shomen* position towards right. At the same time, perform left *Chudan Yoko-uke* block. Right fist is pulled back to side.

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- 49) 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.
- 50) Step right foot back, turn clockwise to face rear (original left) in right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist remains at side.
- 51) 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.
- 52) Move left foot to left and face original rear in left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Gedan Harai-uke* block. Right fist remains at side.
- 53) 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. (No. 1)
- 54) 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. (No. 2)
- 55) 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. (No. 3)
- 56) Turn anti-clockwise, move left foot and make left *Moto-dachi* stance in *Shomen* position towards right (original left). At the same time, perform left *Chudan Yoko-uke* block. Right fist is pulled back to side.
- 57) 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.
- 58) Step right foot back, turn clockwise to face rear (original right) in right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist remains at side.
- 59) 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.
- 60) Step left foot back and turn anti-clockwise to face original front in *Shiko-dachi* stance in *Shomen* position. At the same time, pull back both fists to sides.
- 61) Open hands, cross arms and perform *Chudan Morote Haishu-uke* block (simultaneous *Haishu-uke* blocks of both hands).
- 62) Move right foot and make *Musubi-dachi* stance. *Naotte* position.

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

Kofukan Standardised Katas Part 4



Kofukan Standardised Katas (4)

Rohai Sandan

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

- 1) Move right foot to right and make *Shiko-dachi* stance in *Shomen* position. At the same time, pull back both fists to sides.
- 2) Open hands, cross arms and perform *Chudan Morote Haishu-uke* block (simultaneous *Haishu-uke* blocks of both hands).
- 3) Turn feet and change stance to left *Kokutsu-dachi* stance in *Ma-hammi* position towards left. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back in *Jodan Yoko-uke* block position towards rear at ear height.
- 4) Perform left *Chudan Ura-uke* block. Right fist remains at ear height.
- 5) Move right foot forward a little and change stance to left *Moto-dachi* stance in *Shomen* position. At the same time, turn left hand and perform *Shotei Osae-uke* block. Open right hand and strike straight forward with *Shuto* at *Chudan* height.
- 6) Move right foot back a little and change stance to right *Kokutsu-dachi* stance in *Ma-hammi* position towards rear (original right). At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back in *Jodan Yoko-uke* block position towards rear at ear height.
- 7) Perform right *Chudan Ura-uke* block. Left fist remains at ear height.
- 8) Move left foot forward a little and change stance to right *Moto-dachi* stance in *Shomen* position. At the same time, turn right hand and perform *Shotei Osae-uke* block. Open left hand and strike straight forward with *Shuto* at *Chudan* height.
- 9) Move left foot and make left *Zenkutsu-dachi* stance in *Shomen* position towards original left 45 degrees direction. At the same time, perform left *Jodan Age-uke* block. Right fist is pulled back to side.
- 10) Step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Oi-zuki* punch.
- 11) Move right foot and make right *Zenkutsu-dachi* stance in *Shomen* position towards original right 45 degrees direction. At the same time, perform right *Jodan Age-uke* block. Left fist remains at side.
- 12) Step left foot forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Oi-zuki* punch.
- 13) Move left foot to left and make left *Zenkutsu-dachi* stance in *Shomen* position towards original front. At the same time, perform left *Gedan Harai-uke* block. Right fist remains at side.
- 14) 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. (No. 1)
- 15) 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

Kofukan Standardised Katas Part 4

- side. (No. 2)
- 16) 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. (No. 3) (*Kiai!*)
 - 17) Move left foot a little, turn anti-clockwise and make left *Nekoashi-dachi* stance in *Hammi* position towards rear. At the same time, perform left *Jodan Sukui-uke* block. Right open hand is placed in front of forehead with palm facing forward.
 - 18) Move right foot a little, turn clockwise and make right *Zenkutsu-dachi* stance in *Shomen* position towards rear (original front). At the same time, close both hands and swing down together from top of head. At the end, left fist is in front of right and body leans forward a little.
 - 19) Move right foot back a little and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Jodan Sukui-uke* block. Left open hand is placed in front of forehead with palm facing forward.
 - 20) Move left foot a little, turn anti-clockwise and make left *Zenkutsu-dachi* stance in *Shomen* position towards rear. At the same time, close both hands and swing down together from top of head. At the end, right fist is in front of left and body leans forward a little.
 - 21) Move left foot to left and make left *Nekoashi-dachi* stance in *Hammi* position towards left (original right). At the same time, perform left *Yokobarai* block. Right fist is pulled back to side.
 - 22) Perform right *Shokentoh Uchiotoshi* block. Left fist is placed at right shoulder with elbow down.
 - 23) Slide forward and regain left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Yokobarai* block (*Kentsui-uchi* strike). Right fist remains at *Uchiotoshi* position.
 - 24) Turn fist, drop elbow and pull back left fist a little. Then perform left *Jodan-zuki* punch at shoulder height. Right fist remains at *Uchiotoshi* position.
 - 25) Turn clockwise and face rear (original left) in right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Yokobarai* block. Left fist is pulled back to side.
 - 26) Perform left *Shokentoh Uchiotoshi* block. Right fist is placed at left shoulder with elbow down.
 - 27) Slide forward and regain right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Yokobarai* block (*Kentsui-uchi* strike). Left fist remains at *Uchiotoshi* position.
 - 28) Turn fist, drop elbow and pull back right fist a little. Then perform right *Jodan-zuki* punch at shoulder height. Left fist remains at *Uchiotoshi* position.
 - 29) Move left foot to left and 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.
 - 30) 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. (No. 1)
 - 31) 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. (No. 2)
 - 32) 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

Kofukan Standardised Katas Part 4

- side. (No. 3) (*Kiai!*)
- 33) Pivot on right foot and turn anti-clockwise to face rear (original front) in left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Kakete* block. Right fist is pulled back to side.
 - 34) Follow up with right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
 - 35) Move left foot to left and make *Shiko-dachi* stance in *Shomen* position. At the same time, pull back both fists to sides.
 - 36) Open hands, cross arms and perform *Chudan Morote Haishu-uke* block (simultaneous *Haishu-uke* blocks of both hands).
 - 37) Move right foot and make *Musubi-dachi* stance. *Naotte* position.

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

Kofukan Standardised Katas Part 4



Kofukan Standardised Katas (4)

Chintei

Musubi-dachi and *Rei* (bow).

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

- 1) Bend elbows and bring both fists to position in front of body, right at solar plexus height and left at just above navel height, right palm facing down and left facing up.
- 2) Look right and perform right *Kentsui Uchiotoshi* block towards right. This is a smooth movement. Left fist remains in position.
- 3) Bring right fist back and swap position with left (left at solar plexus height and right at just above navel height, left palm facing down and right facing up) while changing direction of gaze to the front.
- 4) Look left and perform left *Kentsui Uchiotoshi* block towards left. This is a smooth movement. Right fist remains in position.
- 5) Step left foot forward and make *Shiko-dachi* stance in *Shomen* position towards right. At the same time, perform *Jodan Wa-uke* block with open hands.
- 6) Moving right foot a little, turn clockwise to face right (original rear) in right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left fist is pulled back to side.
- 7) Turn body to *Shomen* position and strike palm of right *Shuto* with left *Chudan Mawashi-zuki* punch.
- 8) Step left foot forward and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right fist is pulled back to side.
- 9) Step right foot forward and make right *Zenkutsu-dachi* stance in *Hammi* position. At the same time, strike palm of left *Shuto* with right *Chudan Tate Empi* strike.
- 10) Pivot on right foot, turn anti-clockwise and face rear (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 fingertips pointing forward.
- 11) 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 fingertips pointing forward.
- 12) Lower right heel and perform left *Chudan Mae-geri* kick.
- 13) Bring back kicking leg 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.
- 14) Open right foot and arm in preparation, then move left foot forward and make *Musubi-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uchi* block. Left fist is pulled back to side. (*Kiai!*)
- 15) Move right foot back and make left *Hachiji-dachi* stance in *Ma-hammi* position.

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- At the same time, perform left *Jodan Sukui-uke* block. Right open hand is placed in front of forehead with palm facing forward.
- 16) Move right foot back a little and change stance to left *Kokutsu-dachi* stance in *Ma-hammi* position. At the same time, move both hands in clockwise circular manner. At the end, left arm is *Gedan Harai-uke* block position with palm facing left (out) and right hand is at solar plexus with palm facing up and fingertips pointing forward.
 - 17) Look back and move right foot in to make right *Hachiji-dachi* stance in *Ma-hammi* position towards original rear. At the same time, perform right *Jodan Sukui-uke* block. Left open hand is placed in front of forehead with palm facing forward.
 - 18) Move left foot back a little and change stance to right *Kokutsu-dachi* stance in *Ma-hammi* position. At the same time, move both hands in anti-clockwise circular manner. At the end, right arm is *Gedan Harai-uke* block position with palm facing right (out) and left hand is at solar plexus with palm facing up and fingertips pointing forward.
 - 19) Move left foot a little and make *Naihanchin-dachi* stance in *Shomen* position towards original right. At the same time, perform *Morote Chudan Yoko-uke* block (simultaneous *Chudan Yoko-uke* blocks of both arms).
 - 20) Move both fists inwards then down and out to both sides. At the same time, perform right *Hiza-geri* kick.
 - 21) As landing right foot back to make left *Nekoashi-dachi* stance in *Hammi* Position (towards original right), perform right then left *Chudan Shokentoh Uchiotoshi* blocks. Each time, pull the other fist to side.
 - 22) Perform left *Haito-uke* block with *Nihon Nukite* (two finger spear hand). Right hand is also *Nihon Nukite* and pulled back to side with palm facing up.
 - 23) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Oi-zuki* to eyes using *Nihon Nukite* with palm facing down. Left hand is also *Nihon Nukite* and pulled back to side with palm facing up.
 - 24) Move left foot, turn anti-clockwise to face rear (original left) in left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Haito-uke* block with *Nihon Nukite* (two finger spear hand). Right hand is also *Nihon Nukite* and pulled back to side with palm facing up.
 - 25) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Oi-zuki* to eyes using *Nihon Nukite* with palm facing down. Left hand is also *Nihon Nukite* and pulled back to side with palm facing up.
 - 26) Move right foot to left and make right *Nekoashi-dachi* stance in *Shomen* position towards original rear. At the same time, perform right *Chudan Yoko-uchi* block. Left hand remains at side.
 - 27) Put left hand on right *Yoko-uchi* block. Left palm is touching right *Kentsui* (bottom fist).
 - 28) Move left foot back and change stance to right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, move both fists to sides and perform *Yokobarai* blocks of both arms simultaneously at shoulder height.
 - 29) Move left foot, turn anti-clockwise and make left *Nekoashi-dachi* stance in *Shomen* position towards rear (original front). At the same time, perform *Chudan Hasami-zuki* punch (scissors punch) directly from *Yokobarai* position. (*Kiai!*)

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- 30) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Shuto-uke* block. Left fist is pulled back to side.
- 31) Turn body to *Shomen* position, bring back right *Shuto* and strike palm of right *Shuto* with left *Chudan Tate Empi* strike.
- 32) Step left foot forward and make left *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform left *Chudan Shuto-uke* block. Right fist is pulled back to side.
- 33) Turn body to *Shomen* position and strike palm of left *Shuto* with right *Chudan Mawashi-zuki* punch.
- 34) Move right foot back first then bring left foot back and make *Heisoku-dachi* stance in *Shomen* position. *Naotte* position.

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

Kofukan Standardised Katas Part 4



Kofukan Standardised Katas (4)

Sochin

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

- 1) Step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Morote Chudan Yoko-uke* block (simultaneous *Yoko-uke* blocks of both arms).
- 2) Pull back left fist to side then perform left *Chudan Gyaku-zuki* punch. Right fist remains at *Yoko-uke* block position.
- 3) Bring left fist back to *Yoko-uke* block position. (No. 1)
- 4) Step left foot forward and make left *Nekoashi-dachi* stance in *Shomen* position.
- 5) Pull back right fist to side then perform right *Chudan Gyaku-zuki* punch. Left fist remains at *Yoko-uke* block position.
- 6) Bring right fist back to *Yoko-uke* block position. (No. 2)
- 7) Step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position.
- 8) Pull back left fist to side then perform left *Chudan Gyaku-zuki* punch. Right fist remains at *Yoko-uke* block position.
- 9) Bring left fist back to *Yoko-uke* block position. (No. 3)
- 10) Pivot on right foot, turn anti-clockwise and face rear in left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block. Right fist is pulled back to side.
- 11) Perform right *Chudan Gyaku-zuki* punch. Left fist remains at *Yoko-uke* block position.
- 12) Bring right fist back to *Yoko-uke* block position. (No. 1)
- 13) Step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position.
- 14) Pull back left fist to side then perform left *Chudan Gyaku-zuki* punch. Right fist remains at *Yoko-uke* block position.
- 15) Bring left fist back to *Yoko-uke* block position. (No. 2)
- 16) Step left foot forward and make left *Nekoashi-dachi* stance in *Shomen* position.
- 17) Pull back right fist to side then perform right *Chudan Gyaku-zuki* punch. Left fist remains at *Yoko-uke* block position.
- 18) Bring right fist back to *Yoko-uke* block position. (No. 3)
- 19) Step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position.
- 20) Pull back left fist to side then perform left *Chudan Gyaku-zuki* punch. Right fist remains at *Yoko-uke* block position.
- 21) Bring left fist back to *Yoko-uke* block position. (No. 4)
- 22) Step right foot back and make right *Shiko-dachi* stance in *Ma-hammi* position towards rear (original front). At the same time, perform right *Gedan Harai-uke*

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- block
- 23) Bring both fists to opposite shoulders then perform *Gedan Harai-uke* blocks to sides (towards original right and left).
 - 24) Step left foot to left and make left *Nekoashi-dachi* stance in *Hammi* position towards original left. At the same time, perform left *Chudan Yoko-uke* block and right *Kentsui-uchi* strike to under left elbow.
 - 25) Pivot on left foot, turn clockwise to face rear (original right) in right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Kakete* block. Left open hand is placed in front of solar plexus palm facing down and fingertips pointing forward.
 - 26) 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 palm facing down and fingertips pointing forward.
 - 27) Step right foot forward and make right *Nekoashi-dachi* stance in *Hammi* position. At the same time, perform right *Chudan Kakete* block. Left open hand is placed in front of solar plexus palm facing down and fingertips pointing forward.
 - 28) Turn body anti-clockwise and face original left 45 degrees direction in left *Moto-dachi* stance in *Shomen* position. At the same time, pull both fists back to sides.
 - 29) Slide forward and regain left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Jodan-zuki* punch at shoulder height and right *Chudan Ura-zuki* punch simultaneously (*morote-zuki*).
 - 30) Turn left fist and perform left *Chudan Ura-uchi* strike. At the same time, bend right elbow and pull fist back to side of right shoulder with palm facing forward.
 - 31) Bring left fist to right hip then perform left *Chudan Yoko-uke* block and right *Kentsui-uchi* strike to under left elbow simultaneously. (*Kiai!*)
 - 32) Move right foot and make right *Moto-dachi* stance in *Shomen* position towards original right 45 degrees direction. At the same time, perform right *Chudan Shotei Osae-uke* block (press down block with palm heel, similar to *Kuri-uke* block). Left fist is pulled back to side.
 - 33) Perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
 - 34) Move left foot and make left *Moto-dachi* stance in *Shomen* position towards original left 45 degrees direction. At the same time, perform left *Chudan Shotei Osae-uke* block (press down block with palm heel, similar to *Kuri-uke* block). Right fist is pulled back to side.
 - 35) Perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
 - 36) Turn feet and body clockwise to face original front in left *Heiko-dachi* stance in *Shomen* position. At the same time, push left palm towards right at solar plexus height (*Nagashi-uke* block). Right fist is pulled back to side.
 - 37) Step left foot back and make right *Heiko-dachi* stance in *Shomen* position. At the same time, push right palm towards left at solar plexus height (*Nagashi-uke* block). Left fist is pulled back to side.
 - 38) Step right foot back and make left *Heiko-dachi* stance in *Shomen* position. At the same time, push left palm towards right at solar plexus height (*Nagashi-uke* block). Right fist is pulled back to side.
 - 39) Press both *Shotei* (palm heel) down at sides.
 - 40) Lift both arms forward and to sides, hands open and palms facing forward, elbows shoulder height and bent at 90 degrees. At the same time, bend right knee and lift foot to rear (*Ushiro Kin-geri*).
 - 41) Put back of hands together, right on top, and press down in front of body to navel

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- height. At the same time, perform right *Chudan Mae-geri* kick.
- 42) Land right foot and regain left *Heiko-dachi* stance in *Shomen* position. At the same time, perform left *Chudan-zuki* punch directly from the previous position. Right fist is pulled back to side. Then perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. (*Kiai!*) These two punches are performed consecutively (*Niren-zuki*).
- 43) 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).