

Kofukan Standardised Katas

Part 5



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Introduction

These booklets **Kofukan Standardised Katas Parts 4 & 5** are a continuation of the task started in **Kofukan Standardised Katas Part 1** issued in January 2013, which was followed by **Part 2** in July 2014 and **Part 3** in July 2021.

Together with katas covered in my books 'Pin'an Katas in Depth' and 'Essential Basics of Karate in Depth' this fulfils most of the task of recording all the standardised katas practised within our Kofukan organization.

However, there are a few katas that still need to be covered and those will be issued in book or booklet form in due course.

I hope that these combined works will serve as the foundation for you to pursue a purposeful study of katas.

As such, they should be read in conjunction with the notes on Kata Performance and the Budo Charter in **Kofukan Standardised Katas Part 1**.

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Kofukan Standardised Katas (5)

Shinpa

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.

- 1) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Kuri-uke* block. At the end, block is at shoulder height. Right fist is pulled back to side.
- 2) Perform right *Chudan Gyaku-zuki* punch. Left hand remains at blocking position.
- 3) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Kuri-uke* block. At the end, block is at shoulder height. Left fist is pulled back to side.
- 4) Perform left *Chudan Gyaku-zuki* punch. Right hand remains at blocking position.
- 5) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform *Jodan Kuri-uke* block. At the end, block is at shoulder height. Right fist is pulled back to side.
- 6) Perform right *Chudan Gyaku-zuki* punch. Left hand remains at blocking position.
- 7) Perform left *Chudan-zuki* punch directly from blocking position. Right fist is pulled back to side. Then follow up with right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. These are two consecutive punches (*Niren-zuki*).
- 8) Perform right *Chudan Mae-geri* kick.
- 9) Land forward and turn left to make left *Sanchin-dachi* stance in *Shomen* position towards left. At the same time, perform left *Kakete* block. Right open hand is placed in front of solar plexus with palm facing down and fingertips pointing forward.
- 10) Perform right *Chudan Mae-geri* kick.
- 11) Land forward and make right *Zenkutsu-dachi* stance in *Hanmi* position. At the same time, perform right *Chudan Tate Empi* strike with open hand. Left *Shotei* is placed in front of groin for protection. (*Kiai!*)
- 12) Move right foot and turn anti-clockwise to face rear (original right) in left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform *Jodan Kuri-uke* block. At the end, block is at shoulder height. Right fist is pulled back to side.
- 13) Perform right *Chudan Gyaku-zuki* punch. Left hand remains at blocking position.
- 14) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Kuri-uke* block. At the end, block is at shoulder height. Left fist is pulled back to side.
- 15) Perform left *Chudan Gyaku-zuki* punch. Right hand remains at blocking

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- position.
- 16) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Kuri-uke* block. At the end, block is at shoulder height. Right fist is pulled back to side.
 - 17) Perform right *Chudan Gyaku-zuki* punch. Left hand remains at blocking position.
 - 18) Perform left *Chudan-zuki* punch directly from blocking position. Right fist is pulled back to side. Then follow up with right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. These are two consecutive punches (*Niren-zuki*).
 - 19) Perform right *Chudan Mae-geri* kick.
 - 20) Look left and jump to right to face left (original front) in left *Shi-roku-ho* stance (similar to *Nekoashi-dachi* stance but a little longer, both feet flat and weight contribution 40% on front leg and 60% on back leg) in *Hanmi* position. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back in *Yoko-uke* position with fist at ear height.
 - 21) Pull back left foot a little and change stance to left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Chudan Kakiwake* block.
 - 22) Slide forward and regain left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Chudan Morote Shokentoh-zuki* punch (double arm punches using *Shokentoh*). Bring back fists immediately to *Kakiwake* position. (*Kiai!*)
 - 23) Step left foot back and make right *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform right *Kakete* block. Left open hand is placed in front of solar plexus with palm facing down and fingertips pointing forward.
 - 24) Step right foot back and make left *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform left *Kakete* block. Right open hand is placed in front of solar plexus with palm facing down and fingertips pointing forward.
 - 25) Move left foot back and make *Musubi-dachi* stance in *Shomen* position. *Naotte* position.

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



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Matsumura-no-Seisan

Musubi-dachi and *Rei* (bow).

Naotte position then announce the name of the Kata.

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

At the same time, cross arms then pull back fists to side then place fists in front of groin.

- 1) Step left foot forward and make left *Heiko-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block slowly. Right fist is pulled back to side.
- 2) Perform right *Chudan Gyaku-zuki* punch quickly. Left fist is pulled back to side.
- 3) Step right foot forward and make right *Heiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block slowly. Left fist is pulled back to side.
- 4) Perform left *Chudan Gyaku-zuki* punch quickly. Right fist is pulled back to side.
- 5) Step left foot forward and make left *Heiko-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block slowly. Right fist is pulled back to side.
- 6) Perform right *Chudan Gyaku-zuki* punch quickly. Left fist is pulled back to side.
- 7) Change both fists to *Hitosashi Ippon-ken* (index finger one finger fist), bend both elbows, open and lift to sides. At the end, both *Ippon-ken* are in front of chest and pointing towards each other. This is a slow movement.
- 8) Perform *Chudan Heiko-zuki* (parallel punch) with *Hitosashi Ippon-ken* (index finger one finger fist) slowly.
- 9) Slide forward and regain left *Heiko-dachi* stance in *Shomen* position (*Yoriashi*). At the same time, open and turn hands and perform *Jodan Morote Haishu-uchi* strike (strike with back of hand with both hands). (*Kiai!*)
- 10) Cross right foot forwards and left, turn anti-clockwise and face rear in left *Heiko-dachi* stance in *Shomen* position. At the same time, swing both arms down and back at both sides with hands in *Shotei* position.
- 11) Step right foot forward and make right *Heiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Haito Yoko-uke* block and left *Gedan Shuto-barai* block simultaneously.
- 12) Push right *Haito* forward then turn to *Kakete* and pull back.
- 13) Step left foot forward and make left *Heiko-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Haito Yoko-uke* block and right *Gedan Shuto-barai* block simultaneously.
- 14) Push left *Haito* forward then turn to *Kakete* and pull back.
- 15) Step right foot forward and make right *Heiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Haito Yoko-uke* block and left *Gedan Shuto-barai* block simultaneously.
- 16) Push right *Haito* forward then turn to *Kakete* and pull back.

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- 17) Step left foot to left and make left *Zenkutsu-dachi* stance in *Shomen* position towards left (original right). At the same time, perform left *Chudan Yoko-uke* block. Right fist is pulled back to side.
- 18) Perform right then left *Chudan-zuki* punches consecutively (*Niren-zuki*). Other fist is pulled back to side each time.
- 19) Perform right *Chudan Mae-geri* kick.
- 20) Bring back kicking foot and regain left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. (No.1)
- 21) Move left foot and turn clockwise to face rear (original left) in right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist remains at side.
- 22) Perform left then right *Chudan-zuki* punches consecutively (*Niren-zuki*). Other fist is pulled back to side each time.
- 23) Perform left *Chudan Mae-geri* kick.
- 24) Bring back kicking foot and regain right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side. (No.2)
- 25) Step left foot to left and make left *Zenkutsu-dachi* stance in *Shomen* position towards left (original rear). At the same time, perform left *Chudan Yoko-uke* block. Right fist remains at side.
- 26) Perform right then left *Chudan-zuki* punches consecutively (*Niren-zuki*). Other fist is pulled back to side each time.
- 27) Perform right *Chudan Mae-geri* kick.
- 28) Bring back kicking foot and regain left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side. (No.3)
- 29) Lift right knee and swing right fist up.
- 30) Turn clockwise and face rear (original front) in right *Nekoashi-dachi* stance in *Hanmi* position. At the same time, move right fist through behind head and perform *Chudan Ura-uchi* strike. The final position is similar to *Chudan Yoko-uke* block. Left fist remains at side.
- 31) Move right foot back a little, lower right heel and step left foot forward (*Kosa-ashi* step).
- 32) Perform right *Mae-geri* kick.
- 33) As landing kicking foot forward, slide in and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Harai-uke* block. Left fist remains at side.
- 34) Follow up with left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
- 35) Slide forward and regain right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Age-uke* block. Left fist is pulled back to side.
- 36) Drop right heel, then lift left knee and swing left fist up.
- 37) Turn anti-clockwise and face rear (original rear) in left *Nekoashi-dachi* stance in *Hanmi* position. At the same time, move left fist through behind head and perform *Chudan Ura-uchi* strike. The final position is similar to *Chudan Yoko-uke* block. Right fist is pulled back to side.
- 38) Move left foot back a little, lower left heel and step right foot forward (*Kosa-ashi* step).
- 39) Perform left *Mae-geri* kick.
- 40) As landing kicking foot forward, slide in and make left *Nekoashi-dachi* stance

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in *Shomen* position. At the same time, perform left *Gedan Harai-uke* block. Right fist remains at side.

- 41) Follow up with right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
- 42) Slide forward and regain left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Age-uke* block. Right fist is pulled back to side.
- 43) Drop left heel, then lift right knee and swing right fist up.
- 44) Turn clockwise and face rear (original front) in right *Nekoashi-dachi* stance in *Hanmi* position. At the same time, move right fist through behind head and perform *Chudan Ura-uchi* strike. The final position is similar to *Chudan Yoko-uke* block. Left fist remains at side.
- 45) Perform left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side. (*Kiai!*)
- 46) Step left foot forward and make left *Nekoashi-dachi* stance in *Hanmi* 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 and fingertips pointing forward.
- 47) Lower left heel and perform right *Chudan Mae-geri* kick.
- 48) Bring back kicking foot, moving left foot back a little (small slide back) and make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
- 49) Follow up with left *Jodan Age-uke* block. Right fist is pulled back to side.
- 50) Move left fist in anti-clockwise circular manner, bring back to side and open to make *Shotei* position. At the same time, open right hand to also make *Shotei* position. Fingertips of both hands point outwards and palms face forward.
- 51) Push down with both *Shotei* to meet together at palm heels in front of groin (*Sasumata-uke* block).
- 52) Bring left foot back and make *Musubi-dachi* stance. *Naotte* position.

Bring both hands to side of thighs. *Rei* (bow)



Kofukan Standardised Katas (5)

Shissochin

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 right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, cross arms in front of body and perform *Morote Haishu-uke* block (*Haishu-uke* blocks of both arms performed simultaneously). This is a slow movement.
- 2) Pull left hand back to side, then perform left *Chudan Tate-nukite* strike. (slow pull back and fast strike)
- 3) Bring back to *Haishu-uke* position immediately. Right hand remains at *Haishu-uke* position throughout.
- 4) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position.
- 5) Pull right hand back to side, then perform right *Chudan Tate-nukite* strike. (slow pull back and fast strike)
- 6) Bring back to *Haishu-uke* position immediately. Left hand remains at *Haishu-uke* position throughout,
- 7) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position.
- 8) Pull left hand back to side, then perform left *Chudan Tate-nukite* strike. (slow pull back and fast strike)
- 9) Bring back to *Haishu-uke* position immediately. Right hand remains at *Haishu-uke* position throughout.
- 10) Move both hands in scooping manner (right hand moves clockwise and left hand moves anti-clockwise in circular manner) and put together at chest height.
- 11) Step right foot back and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, bring both hands to chest then open downwards like *Morote Gedan Harai-uke* block movement.
- 12) Step right foot towards right 45 degrees direction and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross arms then perform right *Chudan Ura-uke* block. Left *Shotei* is pulled down to side of left thigh with palm facing down and fingertips pointing forward.
- 13) Bring left hand under right elbow then make anti-clockwise circular motion to catch opponent's wrist. Right open hand is pulled back to side.
- 14) Open right elbow and hand to side, then change stance to right *Kokutsu-dachi* stance in *Ma-hanmi* position. At the same time, pull left hand to solar plexus with palm facing forward and perform right open hand *Chudan Yoko-uchi* block simultaneously (*Hiji-ori*, elbow breaking technique).
- 15) Step left foot towards left 45 degrees direction and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross arms then perform left *Chudan Ura-uke* block. Right *Shotei* is pulled down to side of right thigh with

- palm facing down and fingertips pointing forward.
- 16) Bring right hand under left elbow then make clockwise circular motion to catch opponent's wrist. Left open hand is pulled back to side.
 - 17) Open left elbow and hand to side, then change stance to left *Kokutsu-dachi* stance in *Ma-hanmi* position. At the same time, pull right hand to solar plexus with palm facing forward and perform left open hand *Chudan Yoko-uchi* block simultaneously (*Hiji-ori*, elbow breaking technique).
 - 18) Bring left foot back to face original front in *Musubi-dachi* stance in *Shomen* position. At the same time, extend left arm forward with palm facing down and pull back right hand to side with palm facing up.
 - 19) Bend knees and lower body. At the same time, close hands into fists, perform left elbow strike towards rear (*Ushiro Empi*) and right *Jodan* punch towards rear over shoulder (*Ushiro-zuki*) simultaneously. (*Kiai!*)
 - 20) Move right foot forward and turn anti-clockwise to face rear in left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross hands at wrists in front of chest (left forward) then perform *Jodan Kosa-uke* with open hands.
 - 21) Lower and turn left hand a little to *Shotei-zuki* position at shoulder height. Right hand is pulled down to side of right thigh in *Shotei* position with palm facing down and fingertips pointing forward.
 - 22) Move left foot to right and turn clockwise to face rear (original front) in right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross hands at wrists in front of chest (right forward) then perform *Jodan Kosa-uke* with open hands.
 - 23) Lower and turn right hand a little to *Shotei-zuki* position at shoulder height. Left hand is pulled down to side of left thigh in *Shotei* position with palm facing down and fingertips pointing forward.
 - 24) Move left foot to left and turn anti-clockwise to face left in left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross hands at wrists in front of chest (left forward) then perform *Jodan Kosa-uke* with open hands.
 - 25) Lower and turn left hand a little to *Shotei-zuki* position at shoulder height. Right hand is pulled down to side of right thigh in *Shotei* position with palm facing down and fingertips pointing forward.
 - 26) Move left foot to right and turn clockwise to face rear (original right) in right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross hands at wrists in front of chest (right forward) then perform *Jodan Kosa-uke* with open hands.
 - 27) Lower and turn right hand a little to *Shotei-zuki* position at shoulder height. Left hand is pulled down to side of left thigh in *Shotei* position with palm facing down and fingertips pointing forward.
 - 28) Step left foot forward and make 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 facing down and fingertips pointing forward.
 - 29) Perform right *Chudan Mae-geri* kick.
 - 30) Land forward and make right *Zenkutsu-dachi* stance in *Hanmi* position. At the same time, perform right *Chudan Tate Empi* strike with open hand. Left *Shotei* is placed under right elbow to protect ribs with palm facing forward and fingertips pointing up.
 - 31) Move right foot and turn anti-clockwise to face rear (original left) 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 facing down and

- fingertips pointing forward.
- 32) Step right foot forward 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 facing down and fingertips pointing forward.
 - 33) Perform left *Chudan Mae-geri* kick.
 - 34) Land forward and make left *Zenkutsu-dachi* stance in *Hanmi* position. At the same time, perform left *Chudan Tate Empi* strike with open hand. Right *Shotei* is placed under left elbow to protect ribs with palm facing forward and fingertips pointing up.
 - 35) Move left foot back to next to right foot and turn body clockwise to face right (original front). Then move left foot back to make right *Zenkutsu-dachi* stance in *Hanmi* position towards original front. At the same time, perform right *Chudan Tate Empi* strike with open hand. Left *Shotei* is placed under right elbow to protect ribs with palm facing forward and fingertips pointing up.
 - 36) Move left foot and turn anti-clockwise to face rear in left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Chudan Morote Haito-uke* block (*Haito-uke* block of both hands performed simultaneously).
 - 37) Step right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, close both hands into fists and lift elbows as though punching backwards over each shoulder. At the end, backs of both hands are facing up.
 - 38) Step left foot towards left 45 degrees direction (original right rear 45 degrees direction) and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross arms then perform left *Chudan Ura-uke* block. Right *Shotei* is pulled down to side of right thigh with palm facing down and fingertips pointing forward.
 - 39) Bring right hand under left elbow then make clockwise circular motion to catch opponent's wrist. Left open hand is pulled back to side.
 - 40) Open left elbow and hand to side, then change stance to left *Kokutsu-dachi* stance in *Ma-hanmi* position. At the same time, pull right hand to solar plexus with palm facing forward and perform left open hand *Chudan Yoko-uchi* block simultaneously (*Hiji-ori*, elbow breaking technique).
 - 41) Step right foot towards right 45 degrees direction (original left rear 45 degrees direction) and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross arms then perform right *Chudan Ura-uke* block. Left *Shotei* is pulled down to side of left thigh with palm facing down and fingertips pointing forward.
 - 42) Bring left hand under right elbow then make anti-clockwise circular motion to catch opponent's wrist. Right open hand is pulled back to side.
 - 43) Open right elbow and hand to side, then change stance to right *Kokutsu-dachi* stance in *Ma-hanmi* position. At the same time, pull left hand to solar plexus with palm facing forward and perform right open hand *Chudan Yoko-uchi* block simultaneously (*Hiji-ori*, elbow breaking technique).
 - 44) Bring right foot back to face original rear in *Musubi-dachi* stance in *Shomen* position. At the same time, extend right arm forward with palm facing down and pull back left hand to side with palm facing up.
 - 45) Bend knees and lower body. At the same time, close hands into fists, perform right elbow strike towards rear (*Ushiro Empi*) and left *Jodan* punch towards rear over shoulder (*Ushiro-zuki*) simultaneously. (*Kiai!*)
 - 46) Step right foot forward and turn anti-clockwise to face rear (original front) in left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Ura-uke* block. Left *Shotei* is placed in front of groin for protection.

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47) Move left foot back and make *Musubi-dachi* stance. *Naotte* position.

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



Kofukan Standardised Katas (5)

Koshiki Suparinpai

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

Naotte position then announce the name of the Kata.

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

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

- 1) Move right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, cross arms in front of body and perform *Morote Haishu-uke* block (*Haishu-uke* blocks of both arms performed simultaneously). This is a slow movement.
- 2) Pull left hand back to side, then perform left *Chudan Tate-nukite* strike. (slow pull back and fast strike)
- 3) Bring back to *Haishu-uke* position immediately. Right hand remains at *Haishu-uke* position throughout.
- 4) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position.
- 5) Pull right hand back to side, then perform right *Chudan Tate-nukite* strike. (slow pull back and fast strike)
- 6) Bring back to *Haishu-uke* position immediately. Left hand remains at *Haishu-uke* position throughout.
- 7) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position.
- 8) Pull left hand back to side, then perform left *Chudan Tate-nukite* strike. (slow pull back and fast strike)
- 9) Bring back to *Haishu-uke* position immediately. Right hand remains at *Haishu-uke* position throughout,
- 10) Step left foot towards left 45 degrees direction and follow with right foot (*Yoriashi*, 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.
- 11) Step right foot forward and make right *Shiko-dachi* stance in *Ma-hanmi* position but look in the direction to which the body is facing as though you are in *Shomen* position towards original rear left 45 degrees 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.
- 12) 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-ippon-ken* fists (middle finger one finger knuckle).
- 13) Put down right foot and regain *Shiko-dachi* stance. At the same time, punch downwards from hips with both fists. (*Kiai!*) As you punch, look downwards towards the fallen imaginary opponent.
- 14) Step right foot back and make left *Shiko-dachi* stance in *Ma-hammi* position (towards left 45 degrees direction). At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.

- 15) Starting with right foot, slide in (left foot follows right foot) towards right (original right 45 degrees direction) and make right *Heiko-dachi* stance in *Ma-hanmi* position. At the same time, perform right *Yoko-kosa-uke* block (side cross block, left hand on top). This is a smooth movement.
- 16) 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 right rear 45 degrees 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.
- 17) 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-ippon-ken* fists (middle finger one finger knuckle).
- 18) Put down left foot and regain *Shiko-dachi* stance. At the same time, punch downwards from hips with both fists. (*Kiai!*) As you punch, look downwards towards the fallen imaginary opponent.
- 19) Step left foot back and make right *Shiko-dachi* stance in *Ma-hanmi* position (towards right 45 degrees direction). At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
- 20) Move right foot to align with left foot towards original front and bring left fist to right hip while placing right fist behind back (*Kakushi-ken*, hidden fist). Turn anti-clockwise and make left *Nekoashi-dachi* stance in *Hanmi* position towards original rear. At the same time, perform left *Jodan Yoko-uke* block and right *Jodan Furi-uchi* strike simultaneously (similar to *Pin'an Shodan* first movement).
- 21) Step right foot forward and bring right fist to left hip while placing left fist behind 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).
- 22) Turn anti-clockwise and face original left 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.
- 23) 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.
- 24) Follow up with left vertical *Jodan Ura-uchi* strike. Right fist remains at side.
- 25) 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.
- 26) 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.
- 27) Move left foot and turn clockwise to face original right 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.
- 28) 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.
- 29) Follow up with right vertical *Jodan Ura-uchi* strike. Left fist remains at side.
- 30) 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.
- 31) 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.
 - 32) Look left (original front) and step left foot towards left and make left *Sanchin-dachi* stance in *Shomen* position towards original front. At the same time, bring both hands to right hip and perform *Tomoe-uke* block. At the end, right *Jodan* and left *Gedan Shotei* strike positions.
 - 33) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, bring both hands to left hip and perform *Tomoe-uke* block. At the end, left *Jodan* and right *Gedan Shotei* strike positions.
 - 34) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position towards original front. At the same time, bring both hands to right hip and perform *Tomoe-uke* block. At the end, right *Jodan* and left *Gedan Shotei* strike positions.
 - 35) Move right foot back towards right rear 45 degrees direction to face left 45 degrees direction in left *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform left *Chudan Yoko-uke* block. Right fist is pulled back to side.
 - 36) Drop left heel and perform left *Jodan Age-zuki* punch then right *Jodan Age-zuki* punch. Left fist is pulled back to side.
 - 37) Follow up with right *Mae-geri* kick.
 - 38) Land 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.
 - 39) Look right, move right foot towards right (original right 45 degrees direction) and make right *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform right *Chudan Yoko-uke* block. Left fist is pulled back to side.
 - 40) Drop right heel and perform right *Jodan Age-zuki* punch then left *Jodan Age-zuki* punch. Right fist is pulled back to side.
 - 41) Follow up with left *Mae-geri* kick.
 - 42) Land 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.
 - 43) Move left foot and make left *Sanchin-dachi* stance in *Shomen* position towards original front. At the same time, perform left *Chudan Ura-uke* block. Right *Shotei* is placed in front of right thigh, fingers pointing forward.
 - 44) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Ura-uke* block. Left *Shotei* is placed in front of left thigh, fingers pointing forward.
 - 45) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Ura-uke* block. Right *Shotei* is placed in front of right thigh, fingers pointing forward.
 - 46) Step right foot forward and turn left to make left *Sanchin-dachi* stance in *Shomen* position towards left. At the same time, perform left *Ura-uke* block. Right forearm is placed across the front of body with palm facing up and under left elbow without touching.
 - 47) Turn left hand to *Kakete* position. Lower and turn body anti-clockwise then cross right foot across the front of left foot.
 - 48) Keep turning anti-clockwise to face rear (original right) in left *Sanchin-dachi*

- stance in *Shomen* position. At the same time, clench and lower left hand, and perform right *Ushiro-empi* strike simultaneously. At the end, left arm is placed across the front of body.
- 49) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform right *Ura-uke* block. Left forearm is placed across the front of body with palm facing up and under right elbow without touching. This is a smooth movement.
 - 50) Turn right hand to *Kakete* position. Lower and turn body clockwise then cross left foot across the front of right foot.
 - 51) Keep turning clockwise to face rear in right *Sanchin-dachi* stance in *Shomen* position. At the same time, clench and lower right hand, and perform left *Ushiro-empi* strike simultaneously. At the end, right arm is placed across the front of body.
 - 52) Step left foot in front of right foot and turn clockwise to face right (original front) in *Hachiji-dachi* stance in *Shomen* position. At the same time, stretch both arms to sides at shoulder height with palms facing down.
 - 53) Bend and lower elbows to bring them to sides of body with palms facing inwards.
 - 54) Put backs of hands together behind head.
 - 55) Keeping backs of hands together, stretch arms up.
 - 56) Move both feet outwards and drop body to make *Shiko-dachi* stance in *Shomen* position. At the same time, clench fists and bring elbows down to front of body.
 - 57) Open hands, drop them to sides and push backwards with *Shotei* (palm heel). At the same time, look up, lift chin and open mouth to exhale with sound of *Ha!*
 - 58) Step right foot towards right 45 degrees direction and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross arms then perform right *Chudan Ura-uke* block. Left *Shotei* is pulled down to side of left thigh with palm facing down and fingertips pointing forward.
 - 59) Bring left hand under right elbow then make anti-clockwise circular motion to catch opponent's wrist. Right open hand is pulled back to side.
 - 60) Open right elbow and hand to side, then change stance to right *Kokutsu-dachi* stance in *Ma-hanmi* position. At the same time, pull left hand to solar plexus with palm facing forward and perform right open hand *Chudan Yoko-uchi* block simultaneously (*Hiji-ori*, elbow breaking technique).
 - 61) Step left foot towards left 45 degrees direction and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross arms then perform left *Chudan Ura-uke* block. Right *Shotei* is pulled down to side of right thigh with palm facing down and fingertips pointing forward.
 - 62) Bring right hand under left elbow then make clockwise circular motion to catch opponent's wrist. Left open hand is pulled back to side.
 - 63) Open left elbow and hand to side, then change stance to left *Kokutsu-dachi* stance in *Ma-hanmi* position. At the same time, pull right hand to solar plexus with palm facing forward and perform left open hand *Chudan Yoko-uchi* block simultaneously (*Hiji-ori*, elbow breaking technique).
 - 64) Bring left foot back to face original front in *Musubi-dachi* stance in *Shomen* position. At the same time, extend left arm forward with palm facing down and pull back right hand to side with palm facing up.
 - 65) Bend knees and lower body. At the same time, close hands into fists, perform left elbow strike towards rear (*Ushiro Empi*) and right *Jodan* punch towards rear over shoulder (*Ushiro-zuki*) simultaneously.
 - 66) Move right foot forward and turn anti-clockwise to face rear in left *Zenkutsu-*

- dachi* stance in *Shomen* position. At the same time, cross open hands at wrists in front of chest (left forward) then perform *Jodan Kosa-uke* with open hands.
- 67) Lower and turn left hand a little to *Shotei-zuki* position at shoulder height. Right hand is pulled down to side of right thigh in *Shotei* position with palm facing down and fingertips pointing forward.
 - 68) Step right foot towards right 45 degrees direction (original left rear 45 degrees direction) and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross arms then perform right *Chudan Ura-uke* block. Left *Shotei* is pulled down to side of left thigh with palm facing down and fingertips pointing forward.
 - 69) Bring left hand under right elbow, then make anti-clockwise circular motion to catch opponent's wrist. Right open hand is pulled back to side.
 - 70) Open right elbow and hand to side, then change stance to right *Kokutsu-dachi* stance in *Ma-hanmi* position. At the same time, pull left hand to solar plexus with palm facing forward and perform right open hand *Chudan Yoko-uchi* block simultaneously (*Hiji-ori*, elbow breaking technique).
 - 71) Step left foot towards left 45 degrees direction (original right rear 45 degrees direction) and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cross arms then perform left *Chudan Ura-uke* block. Right *Shotei* is pulled down to side of right thigh with palm facing down and fingertips pointing forward.
 - 72) Bring right hand under left elbow then make clockwise circular motion to catch opponent's wrist. Left open hand is pulled back to side.
 - 73) Open left elbow and hand to side, then change stance to left *Kokutsu-dachi* stance in *Ma-hanmi* position. At the same time, pull right hand to solar plexus with palm facing forward and perform left open hand *Chudan Yoko-uchi* block simultaneously (*Hiji-ori*, elbow breaking technique).
 - 74) Bring left foot back to face original front in *Musubi-dachi* stance in *Shomen* position. At the same time, extend left arm forward with palm facing down and pull back right hand to side with palm facing up.
 - 75) Bend knees and lower body. At the same time, close hands into fists, perform left elbow strike towards rear (*Ushiro Empi*) and right *Jodan* punch towards rear over shoulder (*Ushiro-zuki*) simultaneously.
 - 76) Step right foot forward then turn anti-clockwise to face original front in left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
 - 77) Follow up with right *Chudan Gyaku-zuki* punch. Left fist is pulled back to side.
 - 78) Step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
 - 79) Follow up with left *Chudan Gyaku-zuki* punch. Right fist is pulled back to side.
 - 80) Bring both fists to chest with palms facing towards body.
 - 81) Move right foot forward and make right *Zenkutsu-dachi* stance in *Shomen* position. At the same time, turn fists towards front and perform *Chudan Heiko-zuki* (parallel punches) punch. (*Kiai!*)
 - 82) Move right foot back and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Morote* (double arm) *Chudan Yoko-uke* blocks.
 - 83) Step right foot back and make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, bring both hands to right hip, palms facing each other, left on top.
 - 84) Perform full-size *Tomoe-uke* block. At the end, right *Shotei* (palm heel) is

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pushing towards *Jodan* with fingertips pointing up and left *Shotai* is pushing towards *Gedan* with fingertips pointing down.

85) Bring left foot back and make *Musubi-dachi* stance. *Naotte* position.

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



Kofukan Standardised Katas (5)

Heiku

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

- 1) Put open hands together in front of groin, left hand in front. (This is exactly same as *Naotte* position.) Then, bring them up to solar plexus height with palm facing up. (This is *Naotte* position in reverse order.)
- 2) Open heels and make *Uchi-hachiji-dachi* stance. At the same time, close hands into fists and bring them down in front of groin.
- 3) Move right foot and make *Musubi-dachi* stance in left *Hammi* position. At the same time, perform right *Ko-uke* block, then left *Ko-uke* block. Both hands should be brought back to right hip. Palm heels touch each other, left finger tips point up, right finger tips point down.
- 4) Step left foot forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, get into left *Shotei Kamae* (guard) using anti-clockwise circular motion. Right fist is pulled back to side. Finger tips of left hand point up. This is a smooth movement.
- 5) Slide forward maintaining left *Moto-dachi* stance. At the same time, perform right *Jodan Gyaku-zuki* punch then left *Gedan Jun-zuki* punch. Each time, the other fist is pulled back to side. These are *Niren-zuki*, two consecutive punches. This movement is called *Issoku-Niken*, two punches during one footwork.
- 6) Step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, get into right *Shotei Kamae* (guard) using clockwise circular motion. Left fist is pulled back to side. Finger tips of right hand point up. This is a smooth movement.
- 7) Slide forward maintaining right *Moto-dachi* stance. At the same time, perform Left *Jodan Gyaku-zuki* punch then right *Gedan Jun-zuki* punch. Each time, the other fist is pulled back to side. These are *Niren-zuki*, two consecutive punches. This movement is called *Issoku-Niken*, two punches during one footwork.
- 8) Step left foot forward and turn clockwise to face right in *Shiko-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block and left *Chudan-zuki* punch simultaneously. (*Kiai!*)
- 9) Move left foot and turn clockwise to face right (original rear) in right *Moto-dachi* stance in *Shomen* position. At the same time, get into right *Shotei Kamae* (guard) using clockwise circular motion. Left fist is pulled back to side. Finger tips of right hand point up. This is a smooth movement.
- 10) Step left foot forward as though going into left *Zenkutsu-dachi* stance but turn body and feet to make left *Shiko-dachi* stance in almost *Ma-hanmi* position (about 15 degrees angle). At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
- 11) Slide forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Yoko-uke* block and right *Chudan Gyaku-zuki* punch

- simultaneously. Then perform left *Jodan Jun-zuki* punch directly from blocking position. These are *Niren-zuki*, two consecutive punches. This movement is called *Issoku-Niken*, two punches during one footwork.
- 12) Step right foot forward as though going into right *Zenkutsu-dachi* stance but turn body and feet to make right *Shiko-dachi* stance in almost *Ma-hanmi* position (about 15 degrees angle). At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
 - 13) Slide forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Yoko-uke* block and left *Chudan Gyaku-zuki* punch simultaneously. Then perform right *Jodan Jun-zuki* punch directly from blocking position. These are *Niren-zuki*, two consecutive punches. This movement is called *Issoku-Niken*, two punches during one footwork.
 - 14) Move right foot forward a little and turn anti-clockwise to face left (original right) in *Shiko-dachi* stance in *Shomen* position. At the same time, perform left *Kakete* block. Then pull left *Kakete* back to side and perform right *Chudan Mawashi-empi* strike simultaneously.
 - 15) Face left (original front) and step right foot to left.
 - 16) Lift left knee and, at the same time, push left *Shotei* (palm heel) forward at shoulder height and push right *Shotei* down in front of right thigh simultaneously. Left fingertips point up and right fingertips point forward. This is a smooth movement.
 - 17) Land left foot forward then move right foot to right and make right *Moto-dachi* stance in *Shomen* position towards right. At the same time, extend right open hand forward (towards right) with palm facing down then clench into fist and pull back keeping palm facing down. Simultaneously, perform left *Chudan Ura-zuki* punch.
 - 18) Perform right *Chudan Mae-geri* kick.
 - 19) As you land right foot forward, slide forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Shotei-zuki* strike. Left fist is pulled back to side.
 - 20) Move right foot and turn anti-clockwise to face rear (original left) in left *Moto-dachi* stance in *Shomen* position. At the same time, extend left open hand forward (towards original left) with palm facing down then clench into fist and pull back keeping palm facing down. Simultaneously, perform right *Chudan Ura-zuki* punch.
 - 21) Perform left *Chudan Mae-geri* kick.
 - 22) As you land left foot forward, slide forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Jodan Shotei-zuki* strike. Right fist is pulled back to side.
 - 23) Make a big step to right (original front) with left foot and bring right foot behind left foot to make left *Kosa-dachi* stance towards original front. (Right heel is raised.) At the same time, bring both open hands to left hip then extend right hand forward to *Jodan Haito-uke* block position. Left open hand is placed in front of forehead (similar to Pin'an Yondan but angle of right hand is different).
 - 24) Step right foot forward and turn anti-clockwise to face left in *Shiko-dachi* stance in *Shomen* position. At the same time, turn both hands in anti-clockwise circular manner and pull back to sides, right palm facing down and left palm facing up.
 - 25) Perform *Morote-zuki* punch (double-arm punches, simultaneous right *Jodan-zuki* punch and left *Gedan Ura-zuki* punch)
 - 26) Look right (original front, thus stance is now right *Shiko-dachi* stance in *Ma-*

- hanmi* position towards original front) and bring right fist to left shoulder and left fist to right hip. Then perform right *Gedan Harai-uke* block towards original front. At the same time, left elbow is pulled back. At the end, left fist is near left ear.
- 27) Bring right fist to left shoulder and left fist to right hip. At the same time, perform right *Kouchi-gari* sweep.
 - 28) As you land right foot back to *Shiko-dachi* stance, perform right *Gedan Harai-uke* block towards original front. At the same time, left elbow is pulled back. At the end, left fist is near left ear.
 - 29) Make a big step to rear with right foot and bring left foot behind right foot to make right *Kosa-dachi* stance towards original rear. (Left heel is raised.) At the same time, bring both open hands to right hip then extend left hand forward to *Jodan Haito-uke* block position. Right open hand is placed in front of forehead (similar to Pin'an Yondan but angle of left hand is different).
 - 30) Step left foot forward and turn clockwise to face right (original left) in *Shiko-dachi* stance in *Shomen* position. At the same time, turn both hands in clockwise circular manner and pull back to sides, left palm facing down and right palm facing up.
 - 31) Perform *Morote-zuki* punch (double-arm punches, simultaneous left *Jodan-zuki* punch and right *Gedan Ura-zuki* punch)
 - 32) Look left (original rear, thus stance is now left *Shiko-dachi* stance in *Ma-hanmi* position towards original rear) and bring left fist to right shoulder and right fist to left hip. Then perform left *Gedan Harai-uke* block towards original rear. At the same time, right elbow is pulled back. At the end, right fist is near right ear.
 - 33) Step right foot forward (towards original rear) as though going into right *Zenkutsu-dachi* stance but turn body and feet to make right *Shiko-dachi* stance in almost *Ma-hanmi* position (about 15 degrees angle). At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
 - 34) Look down and perform left *Gedan-zuki* (downwards) punch followed by right *Gedan-zuki* (downwards) punch. Each time, the other fist is pulled back to side. These are *Niren-zuki*, two consecutive punches.
 - 35) Move right foot, turn anti-clockwise to face rear (original front) in left *Moto-dachi* stance but also bend knees and lower down. Right heel is raised. At the same time, raise left arm to *Jodan Age-uke* block position. Right fist is pulled back to side. This is a smooth movement, This position is called *Yamiyo-no-kurai* (dark night fighting position).
 - 36) Stand up and perform right *Jodan Age-uke* block and right *Chudan Mae-geri* kick simultaneously. Left fist is pulled back to side.
 - 37) As you land right foot forward, slide forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, pull right fist back to side then perform *Morote-zuki* punch (double-arm punches, simultaneous left *Jodan-zuki* punch and right *Gedan Ura-zuki* punch)
 - 38) Slide forward and regain right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Kote-uke* block with open hand then right *Chudan Tate-empi* strike (vertical elbow strike) with open hand. At the end, left hand is placed in front of solar plexus with palm facing forward and fingertips pointing up.
 - 39) Slide back and regain right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Jodan Jun-zuki* punch. (*Kiai* !)
 - 40) Step right foot back and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, cover *Jodan* with right hand and cover *Gedan* with left hand with

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fingers pointing inwards (fingers of right hand pointing towards left and fingers of left hand pointing towards right). This position of hands is called *Tenchi-Gamae* ('heaven and earth' guard).

- 41) Turn both hands in inwards circular manner, first left on top then right on top. At the end, right hand covers *Jodan* and left hand covers *Gedan* with fingers pointing inwards, so back to *Tenchi-gamae* ('heaven and earth' guard).
- 42) Press the back of left hand with right palm.
- 43) Move left foot back and make *Musubi-dachi* stance in left *Hammi* position. At the same time, perform right *Ko-uke* block then left *Ko-uke* block. Both hands should be brought to right hip. Palm heels touch each other, left finger tips point up, right finger tips point down.
- 44) Face straight forward in *Musubi-dachi* stance. *Naotte* position.

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



Kofukan Standardised Katas (5)

Paiku

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

Announce the name of the Kata.

- 1) Put open hands together in front of groin, left hand in front. (This is exactly the same as *Naotte* position.) Then, bring them up to solar plexus height with palm facing up. (This is *Naotte* position in reverse order.)
- 2) Open heels and make *Uchi-hachiji-dachi* stance. At the same time, close hands into fists and bring them down in front of groin.
- 3) Move right foot and make *Musubi-dachi* stance in left *Hammi* position. At the same time, perform right *Ko-uke* block, then left *Ko-uke* block. Both hands should be brought back to right hip. Palm heels touch each other, left finger tips point up, right finger tips point down.
- 4) Step left foot forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, get into left *Shotei Kamae* (guard) in circular motion. Right fist is pulled back to side. Finger tips of left hand point up. This is a smooth movement.
- 5) Slide forward maintaining left *Moto-dachi* stance. At the same time, perform right *Chudan Gyaku-zuki* punch then left *Chudan Jun-zuki* punch. Each time, the other fist is pulled back to side. These are *Niren-zuki*, two consecutive punches. This movement is called *Issoku-Niken*, two punches during one footwork.
- 6) Step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, get into right *Shotei Kamae* (guard) using clockwise circular motion. Left fist is pulled back to side. Finger tips of right hand point up. This is a smooth movement.
- 7) Slide forward maintaining right *Moto-dachi* stance. At the same time, perform left *Chudan Gyaku-zuki* punch then right *Chudan Jun-zuki* punch. Each time, the other fist is pulled back to side. These are *Niren-zuki*, two consecutive punches. This movement is called *Issoku-Niken*, two punches during one footwork.
- 8) Step right foot back and make left *Moto-dachi* stance in *Shomen* position. At the same time, get into left *Shotei Kamae* (guard) using anti-clockwise circular motion. Right fist is pulled back to side. Finger tips of left hand point up. This is a fairly quick movement.
- 9) Move left hand in anti-clockwise circular manner to perform left *Jodan Mawashi-uke* block.
- 10) Step right foot forward to make right 45 degrees angle *Shiko-dachi* stance thus in *Hanmi* position. At the same time, perform right *Chudan Oi-zuki* punch. Left fist is pulled back to side.
- 11) Slide forward and make right *Moto-dachi* stance in *Shomen* position. At the same time perform left *Shotei Osae-uke* block and right *Jodan Ura-uchi* strike simultaneously. (*Kiai!*) At the end, left *Shotei* is placed next to right elbow with fingertips pointing up.

- 12) Move right foot and turn anti-clockwise to face rear in left *Moto-dachi* stance in *Shomen* position. At the same time, place left *Shotei* in front of groin, fingertips pointing right. Right fist is pulled back to side.
- 13) Step right foot forward and turn anti-clockwise to face left (original right) in *Shiko-dachi* stance in *Shomen* position. At the same time, extend right arm at *Jodan* height first, then perform left *Shotei Mawashi-uke* block in anti-clockwise circular manner from underneath right arm. Right fist is pulled back to side.
- 14) Perform right then left *Chudan-zuki* punches. Each time, the other fist is pulled back to side. These are *Niren-zuki*, two consecutive punches.
- 15) Step left foot to right and turn clockwise to face rear (original left) in *Shiko-dachi* stance in *Shomen* position. At the same time, extend left arm at *Jodan* height first, then perform right *Shotei Mawashi-uke* block in clockwise circular manner from underneath left arm. Left fist is pulled back to side.
- 16) Perform left then right *Chudan-zuki* punches. Each time, the other fist is pulled back to side. These are *Niren-zuki*, two consecutive punches.
- 17) Moving from right foot, slide back to right to face left (original rear) in left *Moto-dachi* stance in *Shomen* position. At the same time, get into left *Shotei Kamae* (guard) using anti-clockwise circular motion. Right fist is pulled back to side. Finger tips of left hand point up. This is a smooth movement.
- 18) Perform left *Chudan Mawashi-uke* block in anti-clockwise circular manner, then step right foot forward to make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Tate-empi* strike. Right hand is open and left *Shotei* is placed inside right elbow.
- 19) Perform *Chudan Kakiwake* block with hands open.
- 20) Change open hands to *Hitosashi-ippon-ken* (index finger one finger fists) and pull back to sides. Then perform *Chudan Heiko-zuki* punch (parallel punches) with *Hitosashi-ippon-ken* (index finger one finger fists).
- 21) Look back and move right foot to make left *Shiko-dachi* stance in *Ma-hanmi* position towards rear (original front). At the same time, perform left *Jodan Haito-uke* block. As you perform the block, cross arms and right arm also makes similar movement to rear. At the end, left palm is facing rear and right palm is facing right. This is a smooth movement. This position is called “*Yamakage-no-kamae*”, meaning “guard of mountain shade”.
- 22) Turn left hand, grab and pull back to side with palm facing down. At the same time, step right foot forward to make right *Moto-dachi* stance in *Shomen* position and perform right downwards *Jodan Sho-kentoh-uchi* strike. At the end, right fist is at left hip with palm facing down.
- 23) Slide forward and, at the same time, perform right *Chudan Haito-uke* block and left *Gedan Shuto-barai* block simultaneously.
- 24) Follow up with simultaneous left *Chudan Haito-uke* block and right *Gedan Shuto-barai* block.
- 25) Move left foot forward, turn clockwise to face right in right *Moto-dachi* stance in *Shomen* position and lower down. Left heel is up but left knee should not touch ground. At the same time, perform right *Jodan Age-uke* block. Left fist is pulled back to side. This is a smooth movement. This position is called “*Yamiyo-no-kurai*”, meaning “dark night’s fighting position”.
- 26) Stand up and perform left *Jodan Age-uke* block. Right fist is pulled back to side. At the same time, perform left *Chudan Mae-geri* kick.
- 27) Land forward and slide forward to make left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Gyaku-zuki* punch then left

- Chudan Jun-zuki* punch consecutively (*Niren-zuki*). Each time, the other fist is pulled back to side.
- 28) Step left foot back and make right *Shiko-dachi* stance in *Ma-hanmi* position. At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
 - 29) Move right foot and turn anti-clockwise to face rear (original left) in left *Moto-dachi* stance in *Shomen* position and lower down. Right heel is up but right knee should not touch ground. At the same time, perform left *Jodan Age-uke* block. Right fist is pulled back to side. This is a smooth movement. This position is called “*Yamiyo-no-kurai*”, meaning “dark night’s fighting position”.
 - 30) Stand up and perform right *Jodan Age-uke* block. Left fist is pulled back to side. At the same time, perform right *Chudan Mae-geri* kick.
 - 31) Land forward and slide forward to make right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Gyaku-zuki* punch then right *Chudan Jun-zuki* punch consecutively (*Niren-zuki*). Each time, the other fist is pulled back to side.
 - 32) Step right foot back and make left *Shiko-dachi* stance in *Ma-hanmi* position. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
 - 33) Look right and make small step with left foot in front of centre of body towards right (original front).
 - 34) Perform right *Gedan Harai-uke* block and right *Chudan Mae-geri* kick simultaneously. Left fist is pulled back to side.
 - 35) Land forward and slide forward to make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Dakoh-zuki* (snake punch) with *Hitosashi Ippon-ken* (index finger one finger fist). Left fist remains at side.
 - 36) Without moving feet, turn body anti-clockwise to face rear. Then step right foot towards rear.
 - 37) Perform left *Gedan Harai-uke* block and left *Chudan Mae-geri* kick simultaneously. Right fist is pulled back to side.
 - 38) Land forward and slide forward to make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Dakoh-zuki* (snake punch) with *Hitosashi Ippon-ken* (index finger one finger fist). Right fist remains at side.
 - 39) Bring left foot back and make *Musubi-dachi* stance in *Shomen* position. Knees are straight without locking them.
 - 40) Bend knees and lower body. At the same time, perform right *Jodan-zuki* punch over right shoulder towards rear and left *Ushiro-empi* strike towards rear simultaneously.
 - 41) Follow up immediately with simultaneous left *Jodan-zuki* punch over left shoulder towards rear and right *Ushiro-empi* strike towards rear.
 - 42) Step right foot forward and turn anti-clockwise to face rear (original front) in left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Washizukami* (grab and pull) and right *Chudan Ura-zuki* punch simultaneously. At the end, left closed hand is pulled back to side with palm facing down.
 - 43) Follow up with left *Jodan Shotai-zuki* strike. Right fist is pulled back to side.
 - 44) Look back and move left foot back half way towards right foot, then perform right *Chudan Yoko-geri* kick and right *Shuto Jodan Age-uke* block simultaneously towards rear. (*Kiai!*) Left open hand is placed in front of solar plexus with palm facing up.
 - 45) Land forward and step left foot forward (original rear) as though making left

Kofukan Standardised Katas Part 5

Zenkutsu-dachi stance but turn body to make left *Shiko-dachi* stance at around 15 degrees angle. At the same time, push both fists downwards as though punching at shoulder width apart.

- 46) Pull back left fist to side then perform *Gedan Niren-zuki* (two consecutive punches) starting with left. Each time, the other fist is pulled back to side.
- 47) Press down with left *Shotei* (palm heel) with fingertips pointing to right. Right fist is pulled back to side.
- 48) Move left foot and turn clockwise to face rear (original front) in right *Moto-dachi* stance in *Shomen* position. At the same time, get into right *Shotei Kamae* (guard) using clockwise circular motion of the right hand. Left fist is pulled back to side. Finger tips of right hand point up. This is a smooth movement.
- 49) Move right foot back and make *Musubi-dachi* stance in left *Hammi* position. At the same time, perform right *Ko-uke* block then left *Ko-uke* block and bring both hands to right hip. Palm heels touch each other, left finger tips point up, right finger tips point down.
- 50) Face straight forward in *Musubi-dachi* stance. *Naotte* position.

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



Kofukan Standardised Katas (5)

Pachu

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

Announce the name of the Kata.

- 1) Put open hands together in front of groin, left hand in front. (This is exactly the same as *Naotte* position.) Then, bring them up to solar plexus height with palm facing up. (This is *Naotte* position in reverse order.)
- 2) Open heels and make *Uchi-hachiji-dachi* stance. At the same time, close hands into fists and bring them down in front of groin.
- 3) Step right foot forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, make right *Chudan Yoko-uke Kamae* (guard in *Yoko-uke* position). Left fist is pulled back half way. This is a smooth movement.
- 4) Keeping the same width of feet, slide forward and make right *Shiko-dachi* stance at around 15 degrees angle. At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
- 5) Slide forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block and left *Chudan Gyaku-zuki* punch simultaneously.
- 6) Step left foot forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, make left *Chudan Yoko-uke Kamae* (guard in *Yoko-uke* position). Right fist is pulled back half way. This is a smooth movement.
- 7) Keeping the same width of feet, slide forward and make left *Shiko-dachi* stance at around 15 degrees angle. At the same time, perform left *Gedan Harai-uke* block. Right fist is pulled back to side.
- 8) Slide forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Yoko-uke* block and right *Chudan Gyaku-zuki* punch simultaneously.
- 9) Step left foot back and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Tomoe-uke* block from left hip. It finishes with left *Jodan Shotei* with fingertips pointing up and right *Gedan Shotei* with fingertips pointing down. (This is also called *Tora-no-kuchi* or *Toraguchi*, i.e. tiger's mouth.)
- 10) Move right foot to left and turn anti-clockwise to face left rear 45 degrees angle direction in narrow *Sokkutsu-dachi* stance. At the same time, perform left *Kakete* block (double arm movement, thus first right hand then left hand make anti-clockwise circular movement) followed by right press on opponent's elbow (*Hiji-osae*). At the end, left *Kakete* hand is pulled back to side and fingertips of right hand point up.
- 11) Follow up immediately with right *Uraken Otoshi-uchi* (downward strike with back fist) then right *Kansetsu-geri* kick. (*Kiai!*)
- 12) Land right foot to face original rear in left *Moto-dachi* stance in *Shomen* position. At the same time, make left *Chudan Yoko-uke Kamae* (guard in *Yoko-uke* position). Right fist is pulled back half way. This is a smooth movement.

- 13) Slide forward and make *Tenshin* (left foot moves forward and slightly to left and right foot moves to left) into left *Zenkutsu-dachi* stance at around 15 degrees angle. At the same time, perform right *Chudan Gyaku-zuki* punch and left *Gedan Jun-zuki* punch consecutively (*Niren-zuki*).
- 14) Move left foot slightly to right and cover *Jodan* with left fist and *Gedan* with right fist. Palms of both fists face towards oneself.
- 15) Perform right *Jodan Yoko-uke* block and right *Chudan Mae-geri* kick simultaneously towards original rear.
- 16) Land and slide forward to make right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Gyaku-zuki* punch and right *Chudan Jun-zuki* punch consecutively (*Niren-zuki*).
- 17) Move right foot and turn anti-clockwise to face original front in left *Moto-dachi* stance in *Shomen* position. At the same time, make left *Chudan Yoko-uke Kamae* (guard in *Yoko-uke* position). Right fist is pulled back half way. This is a smooth movement.
- 18) Slide forward and make *Tenshin* (left foot moves forward and slightly to left and right foot moves to left) into left *Zenkutsu-dachi* stance at around 15 degrees angle. At the same time, perform right *Chudan Gyaku-zuki* punch and left *Gedan Jun-zuki* punch consecutively (*Niren-zuki*).
- 19) Move left foot slightly to right and cover *Jodan* with left fist and *Gedan* with right fist. Palms of both fists face towards oneself.
- 20) Perform right *Jodan Yoko-uke* block and right *Chudan Mae-geri* kick simultaneously towards original front.
- 21) Land and slide forward to make right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Chudan Gyaku-zuki* punch and right *Chudan Jun-zuki* punch consecutively (*Niren-zuki*).
- 22) Starting with left foot, slide to left and make left *Moto-dachi* stance in *Shomen* position towards left. At the same time, make left *Chudan Yoko-uke Kamae* (guard in *Yoko-uke* position). Right fist is pulled back half way. This is a smooth movement.
- 23) Bring both fists to right hip, palms facing each other.
- 24) Slide forward and regain left *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Osae-uke* (press down block) with palm and right *Jodan Shihon Hira-nukite* (horizontal four-finger spear hand) simultaneously.
- 25) Bring right foot next to left foot (*Tsugi-ashi*). At the same time, bring both fists to right hip, palms facing each other.
- 26) Move left foot forward and regain left *Moto-dachi* stance in *Shomen* position. At the same time, perform *Morote-zuki* (double arm punches) which is simultaneous right *Jodan Gyaku-zuki* punch and left *Gedan Ura-zuki* punch.
- 27) Move right foot back and change stance to left *Kokutsu-dachi* stance. At the same time, perform left *Kin-uchi* (groin strike) with palm. Right elbow is pulled back and up, with right hand open and its fingertips pointing towards left hand in front of sternum. Palm of right hand is facing down.
- 28) Starting with right foot, slide to rear (original right) and make right *Moto-dachi* stance in *Shomen* position towards original right. At the same time, make right *Chudan Yoko-uke Kamae* (guard in *Yoko-uke* position). Left fist is pulled back half way. This is a smooth movement.
- 29) Bring both fists to left hip, palms facing each other.
- 30) Slide forward and regain right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Osae-uke* (press down block) with palm and left *Jodan*

- Shihon Hira-nukite* (horizontal four-finger spear hand) simultaneously.
- 31) Bring left foot next to right foot (*Tsugi-ashi*). At the same time, bring both fists to left hip, palms facing each other.
 - 32) Move right foot forward and regain right *Moto-dachi* stance in *Shomen* position. At the same time, perform *Morote-zuki* (double arm punches) which is simultaneous left *Jodan Gyaku-zuki* punch and right *Gedan Ura-zuki* punch.
 - 33) Move left foot back and change stance to right *Kokutsu-dachi* stance. At the same time, perform right *Kin-uchi* (groin strike) with palm. Left elbow is pulled back and up, with left hand open and its fingertips pointing towards right hand in front of sternum. Palm of left hand is facing down.
 - 34) Look left (original front) and, starting with right foot, slide back towards right (original rear) to make left *Nekoashi-dachi* stance in *Hanmi* position towards original front. At the same time, perform left *Uchi-otoshi* block with back fist of left *Hira-ken* (flat fist). At the end, left forearm is in horizontal position. Right fist is pulled back to side.
 - 35) Slide forward and make left *Zenkutsu-dachi* stance in *Gyaku-hanmi* position. At the same time, perform right *Gedan Harai-uke* block. Left fist is pulled back to side.
 - 36) Perform right *Kansetsu-geri* kick.
 - 37) Land and slide forward to make right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Chudan Yoko-uke* block and left *Gedan Harai-uke* block simultaneously.
 - 38) Keeping the same width of feet, slide forward and make right *Shiko-dachi* stance at around 15 degrees angle. At the same time, perform left *Jodan Nagashi-uke* block with closed fist and right *Chudan Jun-zuki* punch simultaneously. At the end, left block is in similar position as *Jodan Yoko-uke* position.
 - 39) Slide forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform left *Osae-uke* (press down block) with palm and right *Jodan Age-zuki* punch to throat with *Hira-ken* (flat fist). (*Kiai!*) At the end, left open hand is placed under right elbow with palm facing down and fingertips pointing right.
 - 40) Step right foot back and move back left foot a little to make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Tomoe-uke* block from right hip. At the end, instead of pushing right *Shotei* to chin, straighten right arm up with palm facing left. Left *Shotei* is pushed towards groin as normal *Tomoe-uke* block. This position is called *Tenchi-no-kurai* (position of heaven and earth).
 - 41) Put right *Ura-ken* (back fist) on left palm in front of solar plexus.
 - 42) Step left foot back and make right *Nekoashi-dachi* stance in *Hanmi* position. At the same time, bring right fist and left hand to left hip and perform right *Chudan Sasae-uke* block (right *Yoko-uke* block supported with left hand). At the end, left fingertips are level with right fist.
 - 43) Bring right foot back and make *Musubi-dachi* stance. *Naotte* position.

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



Kofukan Standardised Katas (5)

Hakucho

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

Announce the name of the Kata.

- 1) Move right foot to right and make *Heiko-dachi* stance in *Shomen* position. At the same time, place fists at outside of thighs.
- 2) Step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, turn both arms and make double *Kakete* block position.
- 3) Pull left fist to side with palm facing down.
- 4) Perform left *Chudan-zuki* punch. This is *Hadoh-ken* (wave punch).
- 5) Turn left arm and bring back to *Kakete* block position. Right hand stays at *Kakete* block position throughout.
- 6) Step left foot forward and make left *Nekoashi-dachi* stance in *Shomen* position.
- 7) Pull right fist to side with palm facing down.
- 8) Perform right *Chudan-zuki* punch. This is *Hadoh-ken* (wave punch).
- 9) Turn right arm and bring back to *Kakete* block position. Left hand stays at *Kakete* block position throughout.
- 10) Step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position.
- 11) Pull left fist to side with palm facing down.
- 12) Perform left *Chudan-zuki* punch. This is *Hadoh-ken* (wave punch).
- 13) Turn left arm and bring back to *Kakete* block position. Right hand stays at *Kakete* block position throughout.
- 14) Step left foot towards left 45 degrees angle direction and make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, raise both arms high in front to perform *Jodan Morote Ko-uke* block (double-arm block using *Ko-ken*).
- 15) Make circular movements with both arms, right clockwise and left anti-clockwise, and put backs of hands together in front of lower stomach then lift them to chest.
- 16) Open both hands to sides in *Ko-ken* position.
- 17) Step right foot towards right 45 degrees angle direction and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, raise both arms high in front to perform *Jodan Morote Ko-uke* block (double-arm block using *Ko-ken*).
- 18) Make circular movements with both arms, right clockwise and left anti-clockwise, and put backs of hands together in front of lower stomach then lift them to chest.
- 19) Open both hands to sides in *Ko-ken* position.
- 20) Move right foot back and make *Musubi-dachi* stance in *Shomen* position towards original front. At the same time, put backs of hands together in front of chest, lower down to lower stomach then open to sides and lift to slightly higher than shoulder height. Hands are in *Ko-ken* position.

Kofukan Standardised Katas Part 5

- 21) Change hand into *Shotei* position and lower down to shoulder height.
- 22) Step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Ko-ken Nagashi-uke* blocks (both hands pulled back to each side of head) then turn hands to follow up with *Morote Jodan Koken-uchi* strike (double arm strike with *Ko-ken*).
- 23) Step left foot forward and make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Ko-ken Nagashi-uke* blocks (both hands pulled back to each side of head) then turn hands to follow up with *Morote Jodan Koken-uchi* strike (double arm strike with *Ko-ken*).
- 24) Step right foot forward and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform *Ko-ken Nagashi-uke* blocks (both hands pulled back to each side of head) then turn hands to follow up with *Morote Jodan Koken-uchi* strike (double arm strike with *Ko-ken*).
- 25) Lower stance and raise both arms high in front to perform *Jodan Morote Ko-uke* block (double-arm block using *Ko-ken*).
- 26) Drop right heel and stretch knees to make right *Re-no-ji-dachi* stance in *Shomen* position. At the same time, perform *Morote Shotei Osae-uke* block (double arm press down block using palm heel).
- 27) Put right bottom fist on left palm at left hip. Little finger of right fist touches palm of left hand.
- 28) Lower the body and make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, make right *Chudan Sasae-uke* block position (right *Chudan Yoko-uke* block supported by left hand). This is salutation, not block.
- 29) Move left foot forward and make *Heiko-dachi* stance in *Shomen* position. At the same time, place fists at outside of thighs. Exhale and relax.

Move right foot and make *Musubi-dachi* stance. Hands to sides and *Rei* (bow).



Kofukan Standardised Katas (5)

Papuren

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

- 1) Move right foot to right and make *Heiko-dachi* stance in *Shomen* position. At the same time, place open hands at outside of thighs with palms facing back.
- 2) Pull right fist to side and put left palm on right fist face with fingertips pointing right.
- 3) Wrap right fist with left hand and bring to left side of body then to centre in front of chest in clockwise circular manner. This is salutation position.
- 4) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, put both hands into *Wa-uke* block position.
- 5) Close hands into fists and pull back to sides.
- 6) Perform *Morote* (double-arm) *Chudan Ura-uke* blocks. This is a smooth movement.
- 7) Pull left *Ura-uke* hand to side then perform left *Chudan Gyaku-zuki* with *Shotei* (palm heel). Right hand remains at *Ura-uke* position. This is a smooth movement.
- 8) Bring left hand back to *Ura-uke* block position. This is a smooth movement.
- 9) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position.
- 10) Pull right *Ura-uke* hand to side then perform right *Chudan Gyaku-zuki* with *Shotei* (palm heel). Left hand remains at *Ura-uke* position. This is a smooth movement.
- 11) Bring right hand back to *Ura-uke* block position. This is a smooth movement.
- 12) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position.
- 13) Pull left *Ura-uke* hand to side then perform left *Chudan Gyaku-zuki* with *Shotei* (palm heel). Right hand remains at *Ura-uke* position. This is a smooth movement.
- 14) Bring left hand back to *Ura-uke* block position. This is a smooth movement.
- 15) Move from left foot and slide a little towards left 45 degrees direction and make left *Moto-dachi* stance in *Hanmi* position. At the same time, perform left *Jodan Shuto Yoko-barai* block and right *Chudan Ura-nukite* strike simultaneously.
- 16) Change stance to left *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform left *Chudan Ko-uke* block. Right *Koken* is placed in front of solar plexus.
- 17) Keeping *Nekoashi-dachi* stance, turn body to *Shomen* position and perform double *Ura-uke* blocks.
- 18) Move from right foot and slide a little towards right (original right 45 degrees direction) and make right *Moto-dachi* stance in *Hanmi* position. At the same time, perform right *Jodan Shuto Yoko-barai* block and left *Chudan Ura-nukite* strike simultaneously.
- 19) Change stance to right *Nekoashi-dachi* stance in *Hanmi* position. At the same

- time, perform right *Chudan Ko-uke* block. Left *Koken* is placed in front of solar plexus.
- 20) Keeping *Nekoashi-dachi* stance, turn body to *Shomen* position and perform double *Ura-uke* blocks.
 - 21) Move right foot and make *Musubi-dachi* stance in *Shomen* position towards original front. At the same time, put both backs of hands together under chin with fingers pointing up.
 - 22) Move hands forward then separate to press downwards with *Shotei* (palm heel). At the end, both hands are at sides of thighs with fingertips pointing forward.
 - 23) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, turn both hands to face forward and press forward with *Shotei*. At the end, fingertips are pointing down.
 - 24) Close both hands into fists and pull back to sides.
 - 25) Perform *Morote Chudan Ura-uke* blocks.
 - 26) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position.
 - 27) Turn body clockwise to *Ma-hanmi* position and drop body. Left heel is raised. At the same time, perform left *Gedan Shotei-barai* block. Right hand remains at *Ura-uke* position.
 - 28) Lift body and come back to left *Sanchin-dachi* stance in *Shomen* position with *Morote Chudan Ura-uke* blocks.
 - 29) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position.
 - 30) Turn body anti-clockwise to *Ma-hanmi* position and drop body. Right heel is raised. At the same time, perform right *Gedan Shotei-barai* block. Left hand remains at *Ura-uke* position.
 - 31) Lift body and come back to right *Sanchin-dachi* stance in *Shomen* position with *Morote Chudan Ura-uke* blocks.
 - 32) Move left foot to make *Shiko-dachi* stance in *Shomen* position without bending knees. At the same time, put both forearms in horizontal position in front of body, right on top, palms facing down.
 - 33) Bend knees and drop body to make proper *Shiko-dachi* stance. At the same time, clench fists and perform *Chudan Heiko-zuki* (parallel punch) directly from the previous position. This is the only technique in this kata to be performed sharply.
 - 34) Step right foot forward and make right *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform right *Chudan Ko-uke* block. Left *Koken* is placed in front of solar plexus.
 - 35) Drop right heel and straighten both knees to make right *Re-no-ji-dachi* stance in *Hanmi* position. At the same time, press down with both *Shotei* (palm heel), right in front and fingertips of both hands pointing forward.
 - 36) Pull right fist to side and put left palm on right fist face with fingertips pointing right.
 - 37) Raise right heel and bend knees to make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, wrap right fist with left hand and bring to left side of body then to centre in front of chest in clockwise circular manner. This is salutation position.

Move right foot back and make *Musubi-dachi* stance. Hands to sides and *Rei* (bow).



Kofukan Standardised Katas (5)

Papuren (version 2)

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

- 1) Put both open hands together in front of groin, left hand in front. (*Naotte* position)
- 2) Bring both hands up and make double *Haito-uke* block position.
- 3) Close hands into fists and pull back to sides.
- 4) Step right foot then left foot forward and make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, move right fist in anti-clockwise circular manner and left open hand in clockwise circular manner simultaneously to meet in front of forehead. At the end, right back of fist touches left palm, both palms facing forward.
- 5) Step left foot then right foot back and make *Musubi-dachi* stance in *Shomen* position. At the same time, pull both fists to sides.
- 6) Open heels and make *Uchi-hachiji-dachi* stance in *Shomen* position. At the same time, press both *Shotei* downwards at sides of thighs. Fingertips point forward.
- 7) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform double *Chudan Haito-uke* blocks.
- 8) Turn both hands into *Kakete*.
- 9) Slide forward and regain right *Sanchin-dachi* stance. As right foot moves forward, pull back both *Kakete* to sides then, as left foot moves forward, perform double *Chudan Hira-nukite* (horizontal spear hand) strikes. (No. 1)
- 10) Perform double *Chudan Haito-uke* blocks.
- 11) Turn both hands into *Kakete*.
- 12) Slide forward and regain right *Sanchin-dachi* stance. As right foot moves forward, pull back both *Kakete* to sides then, as left foot moves forward, perform double *Chudan Hira-nukite* (horizontal spear hand) strikes. (No. 2)
- 13) Perform double *Chudan Haito-uke* blocks.
- 14) Turn both hands into *Kakete*.
- 15) Slide forward and regain right *Sanchin-dachi* stance. As right foot moves forward, pull back both *Kakete* to sides then, as left foot moves forward, perform double *Chudan Hira-nukite* (horizontal spear hand) strikes. (No. 3)
- 16) Move right foot and make right *Moto-dachi* stance in *Shomen* position towards right. At the same time, perform left *Shuto Yoko-uchi* block. At the end, right palm is placed at inside of left elbow.
- 17) Slide back and make right *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform right *Ko-uke* block. Left *Koken* is placed in front of solar plexus.
- 18) Slide forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, perform double *Chudan Tate-nukite* (vertical spear hand) strikes.
- 19) Move left foot and turn anti-clockwise to face rear (original left) in left *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Shuto Yoko-*

- uchi* block. At the end, left palm is placed at inside of right elbow.
- 20) Slide back and make left *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform left *Ko-uke* block. Right *Koken* is placed in front of solar plexus.
 - 21) Slide forward and make left *Moto-dachi* stance in *Shomen* position. At the same time, perform double *Chudan Tate-nukite* (vertical spear hand) strikes.
 - 22) Move left foot and face right (original front) in right *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform right *Ko-uke* block. Left *Koken* is placed in front of solar plexus.
 - 23) Move right foot back and face left 45 degrees direction in left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform left *Shuto Yoko-uke* block. At the end, right palm is placed at inside of left elbow.
 - 24) Perform right *Kaisho Osae-uke* (press-down block with palm). At the end, right forearm is parallel to the front of body. Left fist is pulled back to side.
 - 25) From left heel, slide forward and regain left *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform left *Shotei* (palm heel) strike to chin. Right hand remains at the same place under left elbow.
 - 26) Move left foot back and face original right 45 degrees direction in right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Shuto Yoko-uke* block. At the end, left palm is placed at inside of right elbow.
 - 27) Perform left *Kaisho Osae-uke* (press-down block with palm). At the end, left forearm is parallel to the front of body. Right fist is pulled back to side.
 - 28) From right heel, slide forward and regain right *Nekoashi-dachi* stance in *Shomen* position. At the same time, perform right *Shotei* (palm heel) strike to chin. Left hand remains at the same place under right elbow.
 - 29) Look towards original front, move left foot to left a little and raise right knee to make *Sagiashi-dachi* stance. At the same time, perform right *Shuto Yoko-uchi* block towards original front. Left palm is placed at inside of right elbow.
 - 30) Land right foot to right and make right narrow *Sokkutsu-dachi* stance towards original front. At the same time, perform left *Jodan Hira-nukite* (horizontal four fingers spear hand) thrust. Right open hand is pulled back to side with palm up.
 - 31) Step left foot forward (original front) and make left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Kakete* block. Right fist is pulled back to side with palm up.
 - 32) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform right *Kakete* block. Left fist is pulled back to side with palm up.
 - 33) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Kakete* block. Right fist is pulled back to side with palm up.
 - 34) Perform right *Mae-geri* kick.
 - 35) Land forward and make right *Moto-dachi* stance in *Shomen* position. At the same time, strike left palm with right *Yoko-uchi* block. At the end, left palm is placed at inside of right elbow.
 - 36) Slide forward and regain right *Moto-dachi* stance in *Shomen* position. At the same time, perform right *Ura-uchi* strike. (*Kiai!*) At the end, position is exactly the same as the previous one (35). Left palm remains at inside of right elbow.
 - 37) Step left foot forward as though making left *Zenkutsu-dachi* stance and press down with left palm with fingertips pointing right. Right *Hitosashi-ippou-ken* (index finger one finger fist) is pulled back to side with palm up.
 - 38) Move right foot forward a little so that inside right knee meets inside left knee

- with right heel raised (*Gyaku-nekoashi-dachi* stance). At the same time, perform right *Gedan Gyaku-zuki* downward punch with vertical *Hitosashi-ippou-ken* fist over left hand. At the end, left back of hand touches under right elbow.
- 39) Firstly, swing right hand forward with palm down and left hand backward with palm up simultaneously, then move right foot back and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform right *Shotei Gedan Nagashi-uke* block and left *Haishu Mae Age-uchi* (forward upward strike) simultaneously. At the end, left hand is at shoulder height.
 - 40) Move left foot and turn clockwise to face rear in right *Zenkutsu-dachi* stance in *Shomen* position keeping both arms at the same position. Then, perform left *Shotei Gedan Nagashi-uke* block and right *Haishu Mae Age-uchi* (forward upward strike) simultaneously. At the end, right hand is at shoulder height.
 - 41) Move right foot back and make *Musubi-dachi* stance in *Shomen* position. At the same time, pull back both fists to sides.
 - 42) Step left foot forward (original rear) and make left *Zenkutsu-dachi* stance in *Shomen* position. At the same time, perform left *Gedan Harai-uke* block. Right fist remains at side.
 - 43) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform right *Ura-uke* block. Left *Shotei* press downwards at outside of left thigh.
 - 44) Turn right *Ura-uke* block and change to *Kakete* block.
 - 45) Step left foot forward and make left *Sanchin-dachi* stance in *Shomen* position. At the same time, perform left *Ura-uke* block. Right *Shotei* presses downwards at outside of right thigh.
 - 46) Turn left *Ura-uke* block to change to *Kakete* block.
 - 47) Step right foot forward and make right *Sanchin-dachi* stance in *Shomen* position. At the same time, perform right *Ura-uke* block. Left *Shotei* presses downwards at outside of left thigh.
 - 48) Turn right *Ura-uke* block to change to *Kakete* block.
 - 49) Relax both knees to turn body anti-clockwise, move right foot to left then left foot to right and face rear right 45 degrees direction (original left 45 degrees direction) in left *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform left *Ko-uke* block. Right *Koken* is placed in front of solar plexus.
 - 50) Move left foot back and face right 45 degrees direction in right *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform right *Ko-uke* block. Left *Koken* is placed in front of solar plexus.
 - 51) Step left foot forward (*Kosa-ashi*) and perform right *Jodan Mae-geri* kick (towards right 45 degrees direction).
 - 52) Bring kicking foot back to original position then step left foot back to make right *Nekoashi-dachi* stance in *Shomen* position. At the same time, raise both open hands in circular manner (right hand anti-clockwise & left hand clockwise) to *Jodan Wa-uke* position.
 - 53) Perform left *Shotei Osae-uke* (press-down block with palm heel). Right *Shotei* (palm heel) supports left wrist from top.
 - 54) Perform right *Jodan Age-uke* block with open hand. Left *Shotei* is pulled back to side with fingertips pointing up.
 - 55) Perform left *Chudan Gyaku-zuki* with *Shotei*. Right hand stays at *Jodan Age-uke* block position.
 - 56) Perform right *Ko-uke* block. Left *Koken* is placed in front of solar plexus.
 - 57) Move right foot back and face left 45 degrees direction in left *Nekoashi-dachi*

- stance in *Shomen* position. At the same time, raise both open hands in circular manner (right hand anti-clockwise & left hand clockwise) to *Jodan Wa-uke* position.
- 58) Perform right *Shotei Osae-uke* (press-down block with palm heel). Left *Shotei* (palm heel) supports right wrist from top.
 - 59) Perform left *Jodan Age-uke* block with open hand. Right *Shotei* is pulled back to side with fingertips pointing up.
 - 60) Perform right *Chudan Gyaku-zuki* with *Shotei*. Left hand stays at *Jodan Age-uke* block position.
 - 61) Perform left *Ko-uke* block. Right *Koken* is placed in front of solar plexus.
 - 62) Keep same height and move left foot to make *Musubi-dachi* stance in *Shomen* position towards original front. At the same time, put both back of hands together in front of chest.
 - 63) Lower hands then open to sides.
 - 64) Raise hands and perform *Jodan Ko-uke* to sides while straightening knees.
 - 65) Press *Shotei* to sides at shoulder height.
 - 66) Step left foot forward then raise right knee to make *Sagiashi-dachi* stance in *Shomen* position. At the same time, perform *Kakete* blocks with both hands simultaneously.
 - 67) Land right foot back and make left *Moto-dachi* stance in *Shomen* position. At the same time, make inwards circular movements with both hands, right on top with palm facing down making anti-clockwise circle and left with palm facing up making clockwise circle. In the end, both open hands are pulled back to sides with fingertips pointing forward, right palm facing down and left palm facing up.
 - 68) Perform *Morote-zuki* (double punches) with both *Nukite* (spear hand), simultaneous right *Jodan Gyaku-zuki* and *Gedan Ura-zuki*. (*Kiai!*)
 - 69) Step left foot back and make right *Nekoashi-dachi* stance in *Hanmi* position. At the same time, perform right *Ko-uke* block. Left *Koken* is placed in front of solar plexus.
 - 70) Move right foot back and make *Musubi-dachi* stance in *Shomen* position. At the same time, bring both hands to double *Haito-uke* block position.
 - 71) Close hands into fists and pull back to sides.
 - 72) Step right foot then left foot forward and make left *Nekoashi-dachi* stance in *Shomen* position. At the same time, move right fist in anti-clockwise circular manner and left open hand in clockwise circular manner simultaneously to meet in front of forehead. At the end, right back of fist touches left palm, both palms facing forward.
 - 73) Step left foot then right foot back and make *Musubi-dachi* stance in *Shomen* position. At the same time, pull both fists to sides.
 - 74) Open heels and make *Uchi-hachiji-dachi* stance in *Shomen* position. At the same time, press both *Shotei* downwards at sides of thighs. Fingertips point forward.
 - 75) Close right heel then left heel and make *Musubi-dachi* stance in *Shomen* position. Put both hands at sides of thighs.

Rei (bow). This is the end of the Kata.