

Kihon Kata #1:

1. Stand with feet shoulder width apart. Hands in fist position. Take one LEFT step, reach with left hand and “grab” making a left fist.
2. Keeping your feet still, PUNCH with your RIGHT hand. (Your feet and hands should be opposite of each other).
3. Take a RIGHT step. (now your feet and punch should match)
4. Punch with your LEFT hand. (now your opposite again)
Repeat this sequence, counting in 10', 5 steps up with 5 opposite punches
5. Step back with LEFT foot into UKIASHI DACHI (stance)
Bend your knees when you step back
6. With your FRONT RIGHT arm, Soto Uke (outside block)
** Your RIGHT FOOT and RIGHT HAND are in front**
7. Hikite (retracting hand) palm up.
Repeat this sequence, counting back 3 times. 3 steps, and 3 blocks
The stepping feet and blocking hands will “match” all 3 times.

Things to remember

- Step before you punch, keeping shoulder and hip back
- Keep feet solid on the ground
- Keep your body straight when punching
- Keep your knees bent when blocking
- Eyes always looking forward, NEVER down

Kihon Kata # 2

1. Stand with feet shoulder width apart. Hands in fist position. Take one LEFT step, reach with left hand and “grab” making a left fist.
2. Keeping your feet still, PUNCH with your RIGHT hand, towards your chin, (your feet and hands should be opposite of each other).
3. Take a RIGHT step. (now your feet and punch should match)
4. Punch with your LEFT hand, towards your chin (now you’re opposite again)
Repeat this sequence, counting in 10’s...5 steps up with 5 opposite punches
5. Step back with LEFT foot into UKIASHI DACHI (stance)
Bend your knees when you step back
6. With your FRONT RIGHT arm, Uchi Uke (inside block) and then Gedan Uke (low block, the same arm blocks both times)
** Your RIGHT FOOT and RIGHT HAND are in front**
7. Hikite (retracting hand) palm up.
Repeat this sequence, counting back 3 times. 3 steps, and 3 blocks
The stepping feet and blocking hands will “match” all 3 times.

Things to remember

- Step before you punch, keeping shoulder and hip back
- Keep feet solid on the ground
- Keep your body straight when punching
- Keep your knees bent when blocking
- Eyes always looking forward, NEVER down

Kihon Kata # 3

1. Step with your LEFT foot, and use your LEFT arm over your head with JODAN UKE (Rising Block)
2. Hikite (retracting hand) palm up
3. Arm should be only 1 fist way from your head, angled 45-degrees.
4. Step with your RIGHT foot, Jodan Uke with your RIGHT arm.
5. Your feet and arms should “match” if you step left, block left etc...
6. Step back LEFT foot into UKIASHI DACHI (stance) ****Bend your Knees****
7. RIGHT arm comes across UCHI UKE (inside block)
8. Back straight, knees bent
9. Hikite (retracting hand) palm up above your Obi (Belt)
10. Each time you step back, your “matching” arm will block
11. Sequence goes 5 times to the front, 3 times back.

Things to remember

- Step before you block, keeping shoulder and hip back
- Keep feet solid on the ground
- Keep your body straight when punching
- Keep your knees bent when blocking
- Eyes always looking forward, NEVER down

Kihon Kata # 4

1. Stand with your feet shoulder width apart. Hands in fisted position.
2. Look to your LEFT
3. Move your LEFT foot pointing your toes straight LEFT
4. Bend your knees into your DACHI (stance)
5. Block SOTO Uke (outside block) with your LEFT arm.
6. Hikite (retracting hand) palm up above your Obi (belt)
7. Feet Firm on the ground, your body should be facing in a LEFT direction
8. Step with your RIGHT leg
9. Punch with your RIGHT hand
10. Your RIGHT foot “draws” a straight line back
11. Turn to your right side, bringing your RIGHT arm IN and OUT again into SOTO UKE. (now your body should be right arm blocking, right leg forward, left hand retracting, palm up)
12. Step with your LEFT foot, punch with your LEFT hand
13. Bring your LEFT foot in slightly and point toes forward (now your LEFT leg is forward and your LEFT arm is blocking)
14. Step RIGHT foot, Punch RIGHT hand
15. Step LEFT foot, punch LEFT hand
16. Step RIGHT foot, punch RIGHT hand and KIAI (loud shout)

Kihon Kata # 4 continued....

- 17.** LEFT foot will step behind (criss-cross)
- 18.** Turn to your LEFT side, all the way around, and block SOTO UKE (outside block...
now your LEFT leg should be forward and your LEFT arm should be blocking.
- 19.** Step RIGHT and punch RIGHT
- 20.** Your RIGHT foot “draws” a straight line back
- 21.** Turn to your RIGHT side, your RIGHT arm will come IN then OUT to block with a
SOTO UKE (outside block)
- 22.** Step LEFT, punch LEFT
- 23.** Bring your LEFT foot in slightly, point your LEFT toes forward
- 24.** Bring your LEFT arm IN then OUT and block SOTO UKE (now your LEFT leg
should be in front and your LEFT arm should be blocking)
- 25.** Step RIGHT, punch RIGHT
- 26.** Step LEFT, punch LEFT
- 27.** Step RIGHT, punch RIGHT, and KIAI (loud shout)
- 28.** LEFT foot will step behind (criss-cross)
- 29.** Turn to your LEFT side, all the way around, and block SOTO UKE (outside block...
now your LEFT leg should be forward and your LEFT arm should be blocking.
- 30.** Step RIGHT and punch RIGHT
- 31.** Your RIGHT foot “draws” a straight line back
- 32.** Turn to your RIGHT side, your RIGHT arm will come IN then OUT to block with a
SOTO UKE (outside block)
- 33.** Step LEFT, punch LEFT
- 34.** Step LEFT back into starting position

Kihon Kata # 5

- 1.** Stand with your feet shoulder width apart. Hands in fisted position.
- 2.** Look to your LEFT
- 3.** Move your LEFT foot pointing your toes straight LEFT
- 4.** Bend your knees into your DACHI (stance)
- 5.** Block SOTO Uke (outside block) with your LEFT arm.
- 6.** Hikite (retracting hand) palm up above your Obi (belt)
- 7.** Feet Firm on the ground, your body should be facing in a LEFT direction
- 8.** Kick MAI GERI (front kick) with your RIGHT leg
- 9.** Punch with your RIGHT hand
- 10.** Your RIGHT foot “draws” a straight line back
- 11.** Turn to your right side, bringing your RIGHT arm IN and OUT again into SOTO UKE. (now your body should be right arm blocking, right leg forward, left hand retracting, palm up)
- 12.** Step with your LEFT foot, punch with your LEFT hand
- 13.** Bring your LEFT foot in slightly and point toes forward (now your LEFT leg is forward and your LEFT arm is blocking)
- 14.** KICK RIGHT foot, Punch RIGHT hand
- 15.** KICK LEFT foot, punch LEFT hand
- 16.** KICK RIGHT foot, punch RIGHT hand and KIAI (loud shout)

Kihon Kata # 5 continued....

- 17.** LEFT foot will step behind (criss-cross)
- 18.** Turn to your LEFT side, all the way around, and block SOTO UKE (outside block...
now your LEFT leg should be forward and your LEFT arm should be blocking.
- 19.** KICK RIGHT and punch RIGHT
- 20.** Your RIGHT foot “draws” a straight line back
- 21.** Turn to your RIGHT side, your RIGHT arm will come IN then OUT to block with a
SOTO UKE (outside block)
- 22.** KICK LEFT, punch LEFT
- 23.** Bring your LEFT foot in slightly, point your LEFT toes forward
- 24.** Bring your LEFT arm IN then OUT and block SOTO UKE (now your LEFT leg
should be in front and your LEFT arm should be blocking)
- 25.** KICK RIGHT, punch RIGHT
- 26.** KICK LEFT, punch LEFT
- 27.** KICK RIGHT, punch RIGHT, and KIAI (loud shout)
- 28.** LEFT foot will step behind (criss-cross)
- 29.** Turn to your LEFT side, all the way around, and block SOTO UKE (outside block...
now your LEFT leg should be forward and your LEFT arm should be blocking.
- 30.** KICK RIGHT and punch RIGHT
- 31.** Your RIGHT foot “draws” a straight line back
- 32.** Turn to your RIGHT side, your RIGHT arm will come IN then OUT to block with a
SOTO UKE (outside block)
- 33.** KICK LEFT, punch LEFT
- 34.** Step LEFT back into starting position