



# BUDOKAI KARATE KATA

**KEY:**        **Lead hand = LH**        **Strong hand = SH**  
                 **Lead leg = LL**         **Strong leg = SL**

Rei, Gamme

## **Kihon 1**

45° left into a fighting back stance, (LH) reverse block, (SH) palm strike to chin and pull on to round elbow strike. 90° Right with (SL) snap front kick, 180° left with (LL) reverse turning kick followed by a (SL) back kick. Put foot down into a fighting back stance facing 45° left and do (LH) in-to-out block followed by a (SH) lunge punch.

## **Kihon 2**

90° left form a cat stance, (LH) angled rising block, (LL) snap front kick and (SL) spinning back kick coming down into rear defence stance facing 180° left, (LH) low block followed by (SH) hammer-fist strike and (LH) palm heel to chin. 90° right (SL) slow controlled side kick, down into fighting back stance & knife-hand middle guard facing 180° left.

## **Kihon 3**

(LL) Snap front kick forward, (SL) back kick behind, (LL) reverse turning kick to left, (SL) turning kick to right followed by (SL) spinning hooking kick forward settling into a fighting back stance & knife-hand middle guard.

## **Kihon 4**

(SH) out-to-in block into reverse wristlock, (LH) back-fist strike & figure 4 throw. (LH) Rear wrist release forming a broad straddle stance, (SH) hammer-fist strike to solar plexus, head throw and (SH) reverse punch to attacker's shoulder blade.

## **Kihon 5**

180° left (LH) reverse block in a forward stance, followed by a lunge double punch. 180° right (SH) low block in a forward stance, followed by a lunge double punch.

## **Kihon 6**

90° right, high X-block in a cat stance followed by a triple strike to opponent's head. 90° right (SH) low controlling block in a crane stance step through with (LL) inside front kick to knee followed by (LH) forward punch to body.

## **Kihon 7**

90° right, (SL) slow controlled side kick, down into fighting back stance & knife-hand middle guard 180° left. 90° left, (LH) reverse block taking attacker into reverse wristlock, manoeuvre attacker through 180° to right and (LH) back-fist strike. Another attacker 90° right, (LH) in-to-out block swaying upper body, (SH) straight punch. (SL) reverse turning kick to attacker 90° right. Facing front, final attacker grabs lapel, reverse wristlock & chicken-wing with dislocation.

Gamme

Rei

\*\*\* End of Kata \*\*\*