



Seichin Kata



Bow, feet apart, hands up, right foot forward.
Right snapping high block. Right hiraken stike, step through with the left foot.
Left snapping high block. Left hiraken strike.
45 degree turn to the left, left circle, right kick.
45 degree turn to the right, right circle, left kick.
Step through with the left foot (facing the front) left wrist block.
Step though with the right foot, right wrist block.
Cross arms, hands in hiraken fists.
Turn to the rear, break into Sanchin (still with hiraken fists).
Slide forward, hands on hips, strike with double nukites.
Pull up into double shokens pointing inward at each other.
Turn to the left, left circle and step into a club attack stance, right elbow strike.
Slide up (right foot remains forward), right circle, left boshiken, left circle right nukite.
Sanchin turn, left circle, left kick.
Pivot to the back, snapping high block, right hand over left at your belt knot.
Throat strike, right knee strike, post position with the right knee up.
Place right foot down, koken tsuki (left front, right to the rear).
Sanchin turn, koken tsuki (left front, right to the rear), left circle.
Pivot to the left, raise left knee to right elbow, Seichin block.
Sanchin turn, raise right knee to right elbow, Seichin block.
Pivot to the front, step through with the right foot, snapping front finger strikes.
Step back with the right foot, chamber right Sanchin strike, left elbow to left knee (hold).
Scoop down with cupped left hand, right circle block.
Step into the right club attack (left circle), right elbow.
Slide up into right Sanchin stance, right circle, left shoken.
Left circle, right shoken.
Step back into left Sanchin, step back into neutral stance.
Stand tall.
Bow.