



Seisan Kata



Bow. Feet apart. Hands on hips. Left foot forward. Strike. Squeeze. Up and open.
Right Sanchin strike. Right Sanchin step.
Left Sanchin strike. Left Sanchin step.
Right Sanchin strike.
Slide forward with double bushiken, down around striking the temple.
Bushiken with the right hand.
Bushiken with the left hand.
Bushiken with the right hand.
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 (left foot forward) koken tsuki (left front, right to the rear) left circle block.
Sanchin step, koken tsuki (right front, left to the rear) right circle block.
Sanchin step, koken tsuki (left front, right to the rear) left circle block.
Slide forward, hands on hips, strike with double nukites.
Pull up into double shokens pointing inward at each other.
Pivot to the right.
Lean forward with right leg in front.
Left circle right elbow strike, right hiraken hand next to head.
Slide up keeping right foot forward.
Right circle block, left boshiken.
Left circle block, right nukite.
Pivot to the back with the left foot forward.
Step through, right foot forward.
Left circle block. Right tetsui strike.
Right circle block. Left boshiken strike.
Pivot to the right, right foot forward.
Right circle block. Left nukite strike.
Sanchin turn, left circle block, left front kick.
Left hand brought down to right knee strike.
Drop right foot back, left hand placed out in front.
Right shoken, left shoken, right shoken.
Stand straight, right Sanchin strike.
Turn to the back, right foot forward, left Sanchin strike.
Sanchin turn to the front, left foot forward, right Sanchin strike.
Slide forward, left circle, right nukite.
Sanchin step, right circle, left nukite.
Sanchin step, left circle, right nukite.
Step forward into a jump back position hands in Sanchin.
Jump backward, scoop down with cupped left hand, right hand salute.
Jump forward, left circle block, right elbow, right backfist, right shoken.
Slide up neutral stance, right palm up, left palm down.
Stand tall.
Bow.

