



Local Kata Geri



Yoi

1. Left tsuruashi dachi, left jodan uraken furi uchi, left yoko geri, left kokutsu dachi, right jodan tzuki
2. Right mawashi geri (finish with right leg forward), kokutsu dachi, left chudan gyaku tzuki
3. Right tsuruashi dachi, right jodan uraken furi uchi, right yoko geri, right kokutsu dachi, left jodan tzuki
4. Left mawashi geri, (finish with left leg forward), kokutsu dachi, right gyaku tzuki
5. Left tsuruashi dachi, left jodan uraken furi uchi, left yoko geri, left kokutsu dachi, right jodan tzuki
6. Spin right ushiro jodan uraken furi uchi, spin again right ushiro geri, left hiji ago, left uchi marsh, right soto marsh, spin, left ushiro tobi uchi mawashi, right tobi soto mawashi geri, spin left ushiro kake geri, placing left foot behind right leg, right hiji mawashi ate, left chudan gyaku tzuki in right zenkutsu dachi
7. Right tsuruashi dachi, right jodan uraken furi uchi, right yoko geri, right kokutsu dachi, left jodan tzuki
8. Spin left ushiro jodan uraken furi uchi, spin again left ushiro geri, right hiji ago, right uchi marsh, left soto marsh, spin right ushiro tobi uchi mawashi, left tobi soto mawashi geri, spin right ushiro kake geri, placing right foot behind left leg, left hiji mawashi ate, right chudan gyaku tzuki in left zenkutsu dachi
9. Right mae geri, left chudan gyaku tzuki, shuffle forward in right zenkutsu dachi, right chudan oi tzuki – “kiai”
10. Morote into masuba dachi, fists on thighs (stance of defiance)

* Repeat the same twice more

Naore