



Local Kata Green



Yoi

1. Left tsuruashi dachi, left kansetsu geri, then move into left zenkutsu dachi, left gedan barai
2. Move through into right zenkutsu dachi and right chudan oi tzuki
3. Right tsuruashi dachi, right kansetsu geri, move into right zenkutsu dachi, right gedan barai
4. Move into left zenkutsu dachi, and left chudan oi tzuki
5. Left tsuruashi dachi, turn 90⁰ to the left, left kansetsui geri, then move into left zenkutsu dachi, left gedan barai
6. Move through into right kiba dachi, right jun tzuki, right tettsui uchi uchi, left kake tzuki, right jun tzuki
7. Move through into left kiba dachi, left jun tzuki, left tettsui uchi uchi, right kake tzuki, left jun tzuki
8. Move through into right kiba dachi, right jun tzuki, right tettsui uchi uchi, left kake tzuki, right jun tzuki – “kiai”
9. Spin left leg behind into left tsuruashi dachi, left kansetsu geri, then move into left zenkutsu dachi, left gedan barai
10. Move through into right zenkutsu dachi, and right chudan oi tzuki
11. Right tsuruashi dachi, right kansetsu geri, then move into right zenkutsu dachi, right gedan barai
12. Move through into left zenkutsu dachi and left chudan oi tzuki
13. Left tsuruashi dachi, turn 90⁰ to the left, left kansetsui geri, then move into left zenkutsu dachi, left gedan barai
14. Move through into right kiba dachi, right jun tzuki, right tettsui uchi uchi, left kake tzuki, right jun tzuki
15. Move through into left kiba dachi, left jun tzuki, left tettsui uchi uchi, right kake tzuki, left jun tzuki
16. Move through into right kiba dachi, right jun tzuki, right tettsui uchi uchi, left kake tzuki, right jun tzuki – “kiai”
17. Spin left leg behind into left tsuruashi dachi, left kansetsu geri, then move into left zenkutsu dachi, left gedan barai
18. Move through into right zenkutsu dachi, and right chudan oi tzuki
19. Right tsuruashi dachi, right kansetsu geri, move into right zenkutsu dachi, right gedan barai
20. Move into left zenkutsu dachi, and left chudan oi tzuki – “kiai”

Naore