



# Local Kata Yellow



## *Yoi*

1. Left zenkutsu dachi, left gedan barai, pull front leg back into left kokutsu dachi, right hiji mawashi ago
2. Left soto uke, then move into right zenkutsu dachi, right chudan oi tzuki
3. Turn backwards into right zenkutsu dachi, right gedan barai, pull front leg back into right kokutsu dachi, left hiji mawashi ago
4. Right soto uke, then move into left zenkutsu dachi, left chudan oi tzuki
5. Turn to your left at  $90^0$ , left zenkutsu dachi, left gedan barai, then pull front leg back into left kokutsu dachi, right hiji mawashi ago, right reverse tettsui uchi uchi, then left soto uke
6. Slide through into right zenkutsu dachi, right chudan tzuki, then pull front leg back into right kokutsu dachi, left hiji mawashi ago, left reverse tettsui uchi uchi, then right soto uke
7. Slide through into left zenkutsu dachi, left chudan tzuki, then pull front leg back into left kokutsu dachi, right hiji mawashi ago, right reverse tettsui uchi uchi, then left soto uke
8. Slide through into right zenkutsu dachi, right chudan oi tzuki – “kiai”
9. Spin behind into left zenkutsu dachi, left gedan barai, pull front leg back into left kokutsu dachi, right hiji mawashi ago
10. Left soto uke, then move into right zenkutsu dachi, right chudan oi tzuki
11. Turn backwards into right zenkutsu dachi, right gedan barai, pull front leg back into right kokutsu dachi, left hiji mawashi ago
12. Right soto uke, then move into left zenkutsu dachi, left chudan oi tzuki
13. Turn to your left at  $90^0$ , left zenkutsu dachi, left gedan barai, then pull front leg back into left kokutsu dachi, right hiji mawashi ago, right reverse tettsui uchi uchi, then left soto uke
14. Slide through into right zenkutsu dachi, right chudan tzuki, then pull front leg back into right kokutsu dachi, left hiji mawashi ago, left reverse tettsui uchi uchi, then right soto uke
15. Slide through into left zenkutsu dachi, left chudan tzuki, then pull front leg back into left kokutsu dachi, right hiji mawashi ago, right reverse tettsui uchi uchi, then left soto uke
16. Slide through into right zenkutsu dachi, right chudan oi tzuki – “kiai”
17. Spin behind into left zenkutsu dachi, left gedan barai, pull front leg back into left kokutsu dachi, right hiji mawashi ago
18. Left soto uke, then move into right zenkutsu dachi, right chudan oi tzuki
19. Turn backwards into right zenkutsu dachi, right gedan barai, pull front leg back into right kokutsu dachi, left hiji mawashi ago
20. Right soto uke, then move into left zenkutsu dachi, left chudan oi tzuki – “kiai”

## *Naore*