



Local Kata Blue



Yoi

1. Left kokutsu dachi, left chudan uchi uke, left leg step across (to right shoulder width), right leg behind left into kake dachi
2. Left kake geri, then move into right zenkutsu dachi, right chudan tzuki
3. Right kokutsu dachi, right chudan uchi uke, right leg step across (to left shoulder width), left leg behind right into kake dachi
4. Right kake geri, then move into left zenkutsu dachi, left chudan tzuki
5. Turn to your left at 90⁰, left kokutsu dachi, left gedan barai, left chudan uchi uke
6. Move through to right kokutsu dachi, right gedan barai, right chudan uchi uke
7. Move through to left kokutsu dachi, left gedan barai, left chudan uchi uke
8. Move into right zenkutsu dachi, right chudan tzuki – “kiai”
9. Spin behind with left leg into left kokutsu dachi, left chudan uchi uke, left leg step across (to right shoulder width), right leg behind left into kake dachi
10. Left kake geri, then move into right zenkutsu dachi, right chudan tzuki
11. Right kokutsu dachi, right chudan uchi uke, right leg step across (to left shoulder width), left leg behind right into kake dachi
12. Right kake geri, then move into left zenkutsu dachi, left chudan tzuki
13. Turn to your left at 90⁰, left kokutsu dachi, left gedan barai, left chudan uchi uke
14. Move through to right kokutsu dachi, right gedan barai, right chudan uchi uke
15. Move through to left kokutsu dachi, left gedan barai, left chudan uchi uke
16. Move into right zenkutsu dachi, right chudan tzuki – “kiai”
17. Spin behind with left leg into left kokutsu dachi, left chudan uchi uke, left leg step across (to right shoulder width), right leg behind left into kake dachi
18. Left kake geri, then move into right zenkutsu dachi, right chudan tzuki
19. Right kokutsu dachi, right chudan uchi uke, right leg step across (to left shoulder width), left leg behind right into kake dachi
20. Right kake geri, then move into left zenkutsu dachi, left chudan tzuki – “kiai”

Naore