

**Nihon Goshin Karate Do**

# **Dewey's Martial Arts Academy**

**A Dojo for the Whole Family**

## **Geki Sai Dai Kata**

**Green Belt**

**3rd Kyu**

A. Mokuso

B. Geki-Sai-Dai

C. Yoi - "Ki"

1. Turn 90° L. into L. sanchin dachi, L. jodan uke.
2. R. foot steps into R. zenkutsu dachi, R. jodan tsuki.
3. R. foot moves back to pivot 180° into kiba dachi, L. gedan barai.
4. L. foot moves into R. foot out to R. sanchin dachi, R. jodan uke.
5. L. foot steps into L. zenkutsu dachi, L. jodan tsuki.
6. L. foot moves back to pivot 180° into kiba dachi, R. gedan barai.
7. R. foot steps forward into R. sanchin dachi, R. chudan uchi . "Ki".
8. L. sanchin dachi, L. chudan uchi. "Ki"
9. R. sanchin dachi, R. chudan uchi uke. "Ki"
10. L. mae geri, come down to, L. zenkutsu dachi, L. hiji jodan ate, L. uraken shomen uchi, L. gedan barai, R. gedan gyaku tsuki.
11. R. foot sweeps and lands in kiba dachi facing 90° to the R., R. shuto uchi uchi. KIAI.
12. L. foot moves, Pivoting 90° R. into L. sanchin dachi, L. chudan uchi uke. "Ki".
13. R. foot moves forward into R. sanchin dachi, R. chudan uchi uke. "Ki".
14. R. foot moves back to L. sanchin dachi L. chudan uchi uke. "Ki".
15. R. mae geri, come down to R. zenkutsu dachi, R. hiji jodan ate, R. uraken shomen uchi, R. gedan barai, L. gedan gyaku tsuki.
16. L. foot sweeps and lands in kiba dachi facing 90° L., L. shuto uchi uchi. KIAI.
17. R. foot moves, Pivoting 90° L. into R. zenkutsu dachi, morote tsuki.
18. L. foot moves forward into L. zenkutsu dachi, morote tsuki.
19. L. foot moves back to R. zenkutsu dachi, morote tsuki.
20. Turn L. heel in, bring R. foot back into musubi dachi, bring hands together in front of throat palms facing you, slowly lower hands together in front with L. hand on top and thumbs interlocked.

Naore.

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