

**Nihon Goshin Karate Do**

# **Dewey's Martial Arts Academy**

**A Dojo for the Whole Family**

**Jaikyoku 日 kata**

**White Belt**

**10th  
Kyu**

"Yoi": Heiko dachi (parallel stance), cross arms in front of throat and bring to sides.

1. Turn 90° left into L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
2. Step into R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch).
3. Turn 180° into R. zenkutsu dachi (front leaning stance), R. gedan barai (low block).
4. Step into L. zenkutsu dachi (front leaning stance), L. chudan tsuki (middle punch).
5. Turn 90° left into L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
6. Step into R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch).
7. Step into L. zenkutsu dachi (front leaning stance), L. chudan tsuki (middle punch).
8. Step into R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch). KIAI.
9. Left foot step behind (270°) into L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
10. Step into R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch).
11. Turn 180° into R. zenkutsu dachi (front leaning stance), R. gedan barai (low block).
12. Step into L. zenkutsu dachi (front leaning stance), L. chudan tsuki (middle punch).
13. Turn 90° into L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
14. Step into R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch).
15. Step into L. zenkutsu dachi (front leaning stance), L. chudan tsuki (middle punch).
16. Step into R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch). KIAI.
17. Left foot step behind (270°) into L. zenkutsu dachi (front leaning stance), L. gedan barai (low block).
18. Step into R. zenkutsu dachi (front leaning stance), R. chudan tsuki (middle punch).
19. Turn 180° into R. zenkutsu dachi (front leaning stance), R. gedan barai (low block).
20. Step into L. zenkutsu dachi (front leaning stance), L. chudan tsuki (middle punch).

Naore: Left foot step back to heiko dachi (parallel stance), cross arms and bring to sides as in original movement.

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