

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Tsuki-No Kata

Brown Belt

2nd Kyu

A. Mokuso, B. Tensho, C. Yoi

1. R foot slides in to L foot, then step back 45° into horse stance (kiba dachi yon-ju-godo); L low block (gedan barai); R hook punch (kake tsuki).
2. Look R, R foot slide up to L foot, then steps forward 45° into horse stance (kiba dachi yon-ju-godo); R. low block (gedan barai); L hook punch (kake tsuki).
3. Look forward, L foot slide forward into three point stance (sanchin dachi), R forefist middle area reverse punch (seiken chudan gyaku tsuki).
4. Slide R foot forward into three point stance (sanchin dachi), L forefist middle area reverse punch (seiken chudan gyaku tsuki).
5. L foot slides forward into front leaning stance (zenkutsu dachi), R forefist low area reverse punch (seiken gedan gyaku tsuki).
6. R foot slides forward into front leaning stance (zenkutsu dachi) L forefist low area reverse punch (Seiken gedan gyaku tsuki), R middle area lunge punch (seiken chudan oi tsuki).
7. Keep R arm extended, look over L shoulder, R foot slides back then across in front of L foot, turn 180° into three point stance (sanchin dachi) with L foot forward; L middle area inside out block (chudan uchi uke), R forefist middle area reverse punch (seiken chudan gyaku tsuki)
8. R foot slides forward into three point stance (sanchin dachi)
9. R forearm upward block (kote uke) to a 5 count.
10. L forefist middle area reverse punch (seiken chudan gyaku tsuki) R forefist middle area lunge punch (seiken chudan oi tsuki).
11. L foot slide forward into front leaning stance (zenkutsu dachi), L forefist high area lunge punch (seiken jodan oi tsuki).
12. R foot slides forward into front leaning stance (zenkutsu dachi), R forefist high area lunge pounce (seiken jodan oi tsuki).
13. Look over L shoulder, turn 180° (mawate) into L front leaning stance (zenkutsu dachi), L area low block (gedan barai).
14. R middle area front snap kick (chudan mae geri), leave knee up, turn R 90°, R foot steps out to R pivoting horse stance (kiba dachi) while swinging L arm to set for R side thrust punch (jun tsuki).
15. L foot steps through in front of R foot, pivoting 180° into horse stance (kiba dachi), L side thrust punch (jun tsuki), look R, open L hand and swinf to R shoulder, R side spear hand thrust (jun nukite), pull L hand into chamber.
16. L foot steps through in front of R foot turning 180° into horse stance (kiba dachi), L side spear hand thrust (jun nukite), R hand into chamber.
17. L foot slides to R foot, then back into R front leaning stance (zenkutsu dachi), R middle inside out block and L lower parry (chudan uchi uke gedan barai) to a 5 count while closing hands.
18. Pull R fist into chamber to a 5 count while slowly raising L arm, R forefist high area lunge punch (seiken jodan oi tsuki), (Kiai), L forefist low area reverse pinch (seiken gedan gyaku tsuki), R forefist middle area lunge punch (seiken chudan oi tsuki).
19. R foot steps back into three point stance (sanchin dachi) with R foot forward, R knife hand roundhouse block (shuto mawashi uke), bring open hands into chamber, bring hands to front with palm heels touching with R hand on top, push hands forward and slowly apart.
20. Turn L heel in, bring R foot up into open toe stance (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.

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