

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Yansu Kata

Green Belt

4th Kyu

日本護身術

- A. Mokuso
- B. Yansu
- C. Yoi: KI

1. Heiko dachi, maiwaishi morote jodan haito uchi, jodan morote tsuki (pull fists back).
 2. Right uraken maiwaishi uchi.
 3. Left uraken maiwaishi uchi.
 4. Right chudan nukite.
 5. Left chudan nukite.
 6. Pull both hands into chamber. Shuto; bring back of hands together, move up center of chest, pop hands apart then extend into jun morote nukite.
 7. Quickly into right zenkutsu dachi, execute right chudan tsuki; return to right neko ashi dachi and right gedan shotei uke. In tensho right koken jodan uke, turn wrist into shuto uchi uchi komi.
 8. Maintain hands, bring right foot back into musubi dachi.
 9. Quickly into left zenkutsu dachi, left chudan tsuki, return to left chudan tsuki, return to left neko ashi dachi and left gedan shotei uke. In tensho, left koken jodan uke, turn wrist into shuto uchi uchi komi.
 10. Maintain hands, turn 90°; to the right and step into musubi dachi.
 11. Step into right zenkutsu dachi, execute right gedan tsuki, left jod gyaku tsuki, right chudan tsuki. KIAI.
 12. Left mae geri, return to right neko ashi da uchi uke.
 13. Quickly right gedan shotei uke, slowly right jodan koken uke, turn wrist into shuto uchi uchi komi.
 14. Maintain hands, turn 180°; into musubi dachi.
 15. Step into left gyaku suki, left chudan tsuki. KIAI.
 16. Right mae geri, return to left neko ashi dachi, left haito chudan uchi uke.
 17. Quickly left gedan shotei uke, slowly left jodan koken uke, turn wrist into shuto uchi uchi komi.
 18. Turn right 90°; into musubi dachi.
- Naore.

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