

KAKUCHO KATA

Part 1

#	Technique	Stance	Footwork	Direction
1	Arm Circle Presentation	Left Front	Left Step	Left
2	"The Look" into OHRS Presentation	Closed	Left Step	Forward
3	Push Block	Straddle	Right Step	Right 45°
4	OHFS	Right Front	Right Step	Right 45°
5	Push Block	Left Front	Pivot	Left
6	Right OHRS	Right Front	Pivot	Right 45°
7	Reverse Uppercut	Left Cross	Right Step	Right 45°
8	3-Point Combination	Right Front	Right Step	Right 45°
9	4-Point Combination	Right Front	None	Right 45°
10	Sweep-OHFS	Right Front	Right Step Out	Right 45°
11	Front Thrust	Right Long Front	Right Step	Right 45°
12	Heel Knee Strike	Right Long Front	None	Left 45°
13	Downward Heel Poke	Right Long Front	None	Left 45°
14	Tip Knee Strike	Left Front	Left Step	Left 45°
15	Right OHRS	Straddle	Pivot	Right 45°
16	Left OHRS	Straddle	None	Right 45°
17	Heel Knee Strike	Right Front	Pivot	Left 45°
18	Downward Thrust	Right Front	None	Left 45°
19	Downward Thrust	Left Crane	Left Step	Left 45°
20	Angle Block	Right Crane	Left, then Right Step	Right 135°
21	OHFS	Right Front	Right Step	Right 135°
22	6-Point Combination	Right Front	Right Step	Right 135°
23	Sweep Reverse Uppercut	Left Cross	Right Step	Right 135°
24	Spinning OHFS	Left Front	Right, then Left Step	Right 135°
25	3-Point Combination	Right Front	Right Step	Right 135°

Part 2

26	Reverse Thrust	Left Back	Left Step	Left 45°
27	Forward Figure 8 Spin to Catch, Heel Strike (to right)	Right Walking	Right Step	Left 45°
28	Tip Strike (to left)	Left Walking	Left Step	Left 45°
29	Spinning OHRS	Right Walking	Right Step	Left 45°
30	Upward Heel Strike (on right shoulder)	Right Walking	None	Left 45°
31	OHFS	Left Cross	Left Step	Left 45°
32	Right OHRS	Straddle	Right Step	Right
33	Left OHRS	Straddle	None	Right
34	Heel Knee Strike	Straddle	None	Forward
35	Downward Thrust	Right Front	Right Step	Forward
36	Right OHRS	Right Front	None	Back
37	One-Handed Swinging Leg Strike	Dynamic	Left	Forward
38	Reverse Uppercut	Left Cross	Right	Forward
39	Sweep-OHFS	Right Front	Right	Forward
40	4-Point Combination	Right Front	None	Forward
41	Front Thrust	Right Long Front	Right Step	Forward
42	Heel Knee Strike	Right Long Front	None	Left
43	Downward Thrust	Right Front	Right Step	Left
44	Reverse OHFS	Left Front	Left Step	Left
45	Right OHRS	Left Front	None	Left
46	Upward Heel Strike	Left Front	None	Left
47	Reverse Poke	Left Front	None	Right
48	OHFS	Right Front	Right Step	Left
49	Heel Knee Strike	Right Modified Front	Left Pivot	Left
50	Downward Thrust	Left Crane	Left Step	Left
51	Angle Block	Right Crane	Right Step	Right
52	OHFS	Right Front	Right Step	Right
53	Push Block	Right Front	Right Step	Right
54	OHFS	Right Front	Right Step	Right
55	Front Thrust	Right Long Front	Right Step	Right

Part 3

56	Heel Rib Strike	Right Modified Front	Left Pivot	Right
57	Tip Rib Strike	Left Walking	Left Step	Right
58	Spinning OHRS	Straddle	Right Step	Right
59	Left OHRS	Straddle	Left Step In, Step out	Forward
60	Heel Rib Strike	Straddle	None	Forward
61	Tip Rib Strike	Straddle	None	Forward
62	Right OHRS	Straddle	None	Forward
63	Left OHRS	Straddle	None	Forward
64	Heel Knee Strike	Right Front	Pivot	Left 45°
65	Downward Thrust	Right Front	Right Step	Left 45°
66	Slide-Reverse OFS	Left Front	Left Step	Left 45°
67	Right OHRS	Straddle	Right Step	Right 45°
68	Reverse Uppercut	Left Cross	Right Step	Right 45°
69	Figure 8 OHFS	Left Front	Right, then Left Step	Right
70	Front Thrust	Long Front	Right Step	Right
71	Reverse Thrust	Left Back	Left Step	Left
72	OHFS	Right Front	Right Step	Left
73	Heel Knee Strike	Left Back	Left Step	Left
74	Downward Thrust	Right Front	Right Step	Left 45°
74	Sweep-Batting Stance	Left Modified Back	None	Forward
76	Baseball Bat Swing	Dynamic Closed	Right Step In	Forward
77	High Block	Straddle	Right Step Out	Forward
78	Low Block	Straddle	None	Forward
79	Right Knee Strike	Right Front	Pivot	Forward
80	Downward Thrust	Right Front	Right Step	Forward
81	OHFS	Closed	Right Step	Forward
82	Right Folding Rib Strike	Closed	None	Forward