



KIHON NI

Yasame

Kiotsuke

Rei (bow)

Hands up solar plexus level

LH open, RH closed

Hands down, bow

Move RF to R,

Kamae (ready stance)

Catch hands at shoulder

Step back with right foot

Double Chop

Defense LH up

Step in RF

Circle block RH

Chop LH

Grab reach RH out

Pull

Defense RH up

Step in LF

Circle block LH

Chop RH

Grab reach LH out

Pull

Defense LH up

Step in RF

Circle block RH

Chop LH

Grab reach RH out

Pull

Slide back feet together)

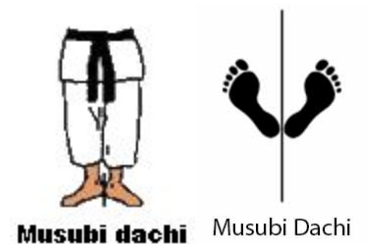
Hands up solar plexus level

LH open, RH closed

Hands down

Bow out only once hands get to the side.

Stances used in
Seisan Kata



1. Where did Karate originate?

2. Who created IsshinRyu?