



Kihon Go

Yasame

Kick RF

Kiotsuke

Grab LH (Close and Turn),

Rei (bow)

Punch RH

Hands up solar plexus level

Hands down crossed, RH on top

LH open, RH closed

Step back RF, Cat Stance (L-

Hands down, bow

Cat)

Move RF to R,

Open hands go above shoulders,
then Obi

Kamae (ready stance)

Grab foot (LH up, RH down)

RH comes up, LH under R el-
bow. Palm down.

LF stomp, twist

Step back RF, Cat Stance (L-
Cat)

Slide up feet together (Musubi
Dachi)

LH circle block, RH away

Hands up solar plexus level

Kiai

LH open, RH closed

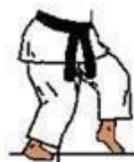
Move R heel out into Seisan
stance

Hands down

Bow out only once hands get to
the side.

1. How old was Soke Shimabuku when he started Karate? 8 years old
2. Who was his first formal teacher? Grandmaster Choki Motobu

New Stances



Neko ashi dachi



L Cat Stance