

Kensei Katas



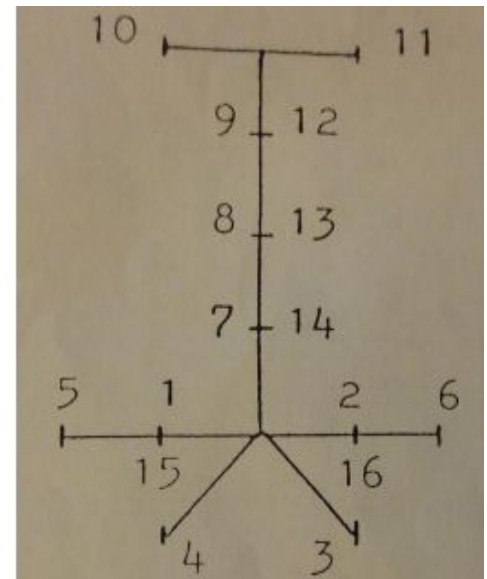
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Kensei Shodan

Start: Musubi Ray - Heiko Dachii Yoi

Side:

1. Hidari Kiba Dachii - (Horse Stance)
 - a. Heiko Zuki - Parallel Fists
 - b. Withdraw fists
 - c. 'target' with the left hand fist
2. Migi Ren Zuki - (2 times - Right, left)
 - a. Heiko Dachii Yoi - ("Back")
3. Migi Kiba Dachii
 - a. Nidan Zuki - (Right fist Jodan and left fist is Chudan)
 - b. Withdraw fists and 'target' with right fist
4. Hidari Ren Zuki - (2 times - Left, Right)
 - a. Heiko Dachii Yoi - ("Back")
5. Migi Gedan Barai and Migi Gyaku Zuki - (Ushiro Fudo Dachii)
 - a. Heiko Dachii Yoi ("Back")
6. Hidari Gedan Barai and Hidari Gyaku Zuki - (Ushiro Fudo Dachii)
 - a. Heiko Dachii Yoi



Front:

7. Hidari Gedan Barai and Migi Gyaku Zuki
 - a. Turn counterclockwise (to the other side) with your front foot
8. Hidari Gedan Barai and Migi Gyaku Zuki
 - a. Turn to the face the middle with hidari gedan barai
9. Migi Gedan Barai and Hidari Gyaku Zuki
 - a. Hidari Gedan Barai and Migi Gyaku Zuki - (Jodan level) **Kiya!**

Side:

10. Migi Gedan Barai and Hidari Gyaku Zuki - (turn right)
 - a. Migi Gedan Barai and Hidari Gyaku Zuki - (turn right)

Back:

11. Migi Gedan Barai
12. Hidari Gedan Barai and Migi Gyaku Zuki
13. Migi Gedan Barai and Hidari Gyaku Zuki (Jodan) **Kiya!**

Side:

14. Hidari Gedan Barai
15. Migi Yoko Tettsui (Chudan) **Kiya!**

End: Heiko Dachii Yoi - Musubi - Ray

Kensei Nidan

Start: Musubi- Ray - Heiko Dachii Yoi

Side: Zenkutsu Dachii

1. Hidari Gedan Bari
2. Migi Oi Zuki - (turn to face the right)
3. Migi gedan bari
4. Hidari oi zuki - (turn to the front)

Front: Zenkutsu Dachii

5. Hidari Gedan Barai
6. Migi Chudan Oi Zuki
7. Hidari Chudan Oi Zuki
8. Migi Jodan Oi Zuki **Kiya!**

Side: Zenkutsu Dachii

9. Hidari Uchi Uke - (turn left)
10. Migi Chudan Oi Zuki
11. Migi Uchi Uke - (turn right)
12. Hidari Chudan Oi Zuki

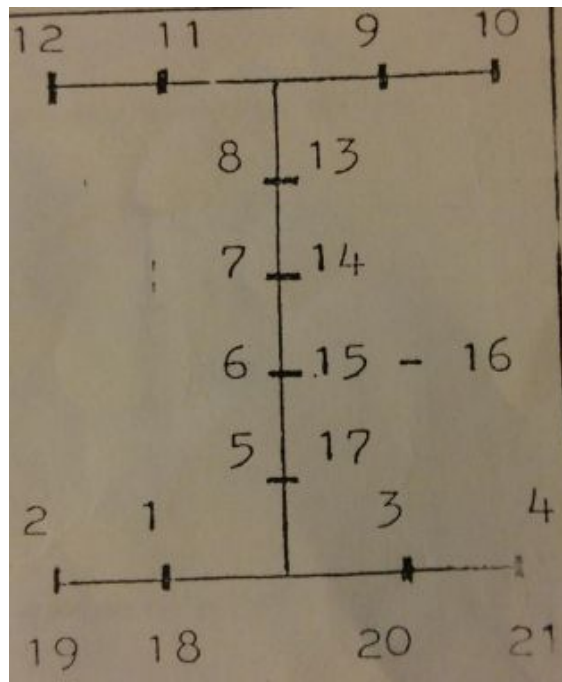
Back:

13. Hidari Gedan Barai
14. Migi Age Uke
15. Hidari Oi Zuki
16. Withdraw the front leg (like nekoashi dachi)
17. Hidari Age Uke into Migi Oi Zuki - (both zenkutsu dachi) **Kiya!!**

Sides: Zenkutsu Dachii

18. Hidari Gedan Barai
19. Migi Oi Zuki
20. Migi Gedan Barai
21. Hidari Oi Zuki

End: Heiko Dachii Yoi - Musubi Rai - BOW



Kensei Sandan

Start: Musubi- Ray - Heiko Dachi Yoi

Side: Zenkutsu Dachi

1. Hidari Gedan Barai
2. Migi Mae Geri (jodan level) and Migi Chudan Oi Zuki
3. Turn to Migi Gedan Barai
4. Hidari Mae Geri (jodan) and Hidari Chudan Oi Zuki

Front

5. Hidari Zenkutsu Dachi
 - a. take the ready position for kicks immediately
6. Migi Mae Geri (Jodan)
7. Migi Ni Tobi Geri (Jodan)
8. Migi Chudan Oi Zuki **Kiya!**

Side:

9. Hidari Gedan Barai
10. Migi Mae Geri and Migi Chudan Oi Zuki
11. Migi Gedan Barai
12. Hidari Mae Geri and Hidari Chudan Oi Zuki

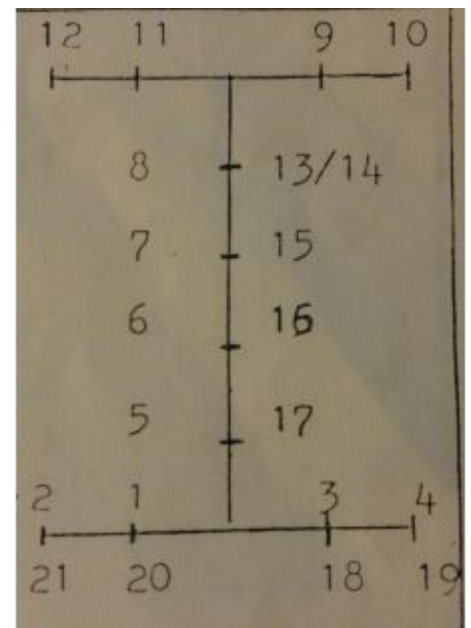
Back:

13. Hidari Gedan Barai in Zenkutsu Dachi
14. Migi Zenkutsu Dachi (change stance in place and take the ready position)
15. Hidari Mae Geri
16. Hidari Ni Tobi Geri
17. Hidari Chudan Oi Zuki **Kiya!**

Side

18. Migi Gedan Barai
19. Hidari Mae Geri and Hidari Chudan Oi Zuki
20. Hidari Gedan Barai
21. Migi Mae Geri and Migi Chudan Oi Zuki

End: Heiko Dachi Yoi - Musubi - Ray



Kensei Yondan

Start: Musubi- Ray - Heiko Dachi Yoi

Side:

1. Hidari gedan barai and Migi Gyaku Zuki
2. Migi Gedan Barai and Hidari Gyaku Zuki
3. Migi Gedan Barai and Hidari Gyaku Zuki
4. Hidari Gedan Barai and Migi Gyaku Zuki
 - a. Pause and show hip before the 4TH attack

Front:

5. Hidari Gedan Barai
6. Migi Age Uke and Hidari Gyaku Zuki
7. Hidari Age Uke and Migi Gyaku Zuki
8. Migi Age Uke and Hidari Gyaku Zuki **Kiya!**

Side:

9. Hidari Uchi Uke and Migi Gyaku Zuki
10. Migi Uchi Uke and Hidari Gyaku Zuki
11. Migi Uchi Uke and Hidari Gyaku Zuki
12. Hidari Uchi Uke and Migi Gyaku Zuki
 - a. Pause and show hip before the 4TH attack

Back:

13. Hidari Gedan Barai
14. Migi Soto Uke and Hidari Gyaku Zuki
15. Hidari Soto Uke and Migi Gyaku Zuki
16. Migi Soto Uke and Hidari Gyaku Zuki **Kiya!**

Side:

17. Hidari Gedan Barai and Migi Gyaku Zuki
18. Migi Gedan Barai and Hidari Gyaku Zuki
19. Migi Gedan Barai and Hidari Gyaku Zuki
20. Hidari Gedan Barai and Migi Gyaku Zuki
 - a. Pause and show hip before the 4TH attack

End: Heiko Dachi Yoi - Musubi - Ray

