

# Ichi-Genteki Kata

IMPORTANT This kata sequence is intended to be used as a supplement to your normal class instruction. You can not fully understand the form by following this sheet alone.

Step	Direction	Technique	Stance	Notes
1	On the spot feet together	Standing Bow (Rei)	Heisoku Dachi	
2	Right Leg to your right	Yoi double punch)	Shizen Dachi Heiko	Kiai Point
3	Pivot 90° to left	Chudan Uke (LH)	Naname Dachi	
4	Step forward with Right Leg	Oi Zuki Chudan (RH)	Naname Dachi	
5	Step 180° to right rear with Right Leg	Gedan Barai (RH)	Zenkutsu Dachi	i.e. turn behind, your right foot forward
6	Stay on the spot & change stance	Tettsui Uchi Jodan (RH)	Nekoashi Dachi	Draw back into the stance, right foot stays in front
7	Left foot Slightly forward & to the left	Gyaku-Taisho Uchi Jodan (LH)	Sanchin Dachi	Strike is Gyaku (reversed) & right foot is in front
8	90° to your left	Yoko Ura Zuki Jodan (LH)	Shiko Dachi	Strike over left foot
9	Pivot 90° to left	Gyaku Zuki Chudan (RH)	Zenkutsu Dachi	Kiai Point
10	Step forward with Right Leg	Mae Keri Chudan (RL)	Naname Dachi	Steps 10 to 12 should flow, stances are transient
11	Step forward with Left Leg	Mawashi Keri Gedan (LL)	Naname Dachi	
12	Step forward with Right Leg	Kensetsu Keri Gedan (RL)	Shiko Dachi	
13	Stay on the spot	Yoko Uraken Uchi Jodan (RH)	Shiko Dachi	Strike over right foot
14	Pivot 90° to your rear	Shuto Uke Chudan (LH)	Nekoashi Dachi	Open back hand
15	Pivot 45° to right	Shuto Uchi Jodan (RH)	Nekoashi Dachi	Change feet on the spot, open back hand
16	Pivot 90° to right	Ni Yoko Jodan Uke (LH), Ura Zuki Jodan (RH)	Nekoashi Dachi	Ni means two techniques done simultaneously
17	Step forward with Left Leg	Ni Ura Zuki Jodan (LH), Zuki Uke (RH)	Heisoku Dachi	Right arm protecting your face
18	Pivot 45° to left	Gedan Barai (LH)	Zenkutsu Dachi	Your left leg should be forward
19	On the spot - Left leg remains in front	Gyaku Sukui Uke (RH)	Zenkutsu Dachi	
20	Step forward with Right Leg	Ren Keri Hiza & Chudan (RL)	Zenkutsu Dachi	
21	On the spot - Right leg remains in front	Osae Uke(RH)	Zenkutsu Dachi	
22	Step forward with Left Leg	Morote Tate Zuki Chudan (LH)	Heisoku Dachi	
23	Step forward with Right Leg	Jodan Uchi (RH)	Naname Dachi	Kiai Point
24	90° to your left, step with left leg	Yoko Empi Uchi Chudan (LH) followed by Kage Zuki Chudan (RH)	Shiko Dachi	
25	Pivot 90° to right rearwith Right Leg	Yoi	Heisoku Dachi	Both fists at your hips

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Step	Direction	Technique	Stance	Notes
26	Step forward with Left Leg & turn	Empi Uke Chudan followed by Riken Uchi Jodan (LH)	Shiko Dachi	Empi block - fists stays on the hip
27	Step back with Left Leg via Heisoku Dachi	Juji Uke Gedan	Zenkutsu Dachi	Right arm on top in Juji Uke
28	Step forward with Left Leg	Ryo Kata Dori	Naname Dachi	Both shoulders held
29	On the spot - Left leg remains in front	Hiza Uchi Chudan (RL) followed by Gyaku Zuki chudan (RH)	Zenkutsu Dachi	<b>Kiai Point.</b> Step back with right leg on the punch.
30	Step back with Left Leg via Heisoku Dachi	Yoi (double punch)	Shizen Dachi Heiko	
31	Left Leg to your Right Leg	Standing Bow (Rei)	Heisoku Dachi	

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