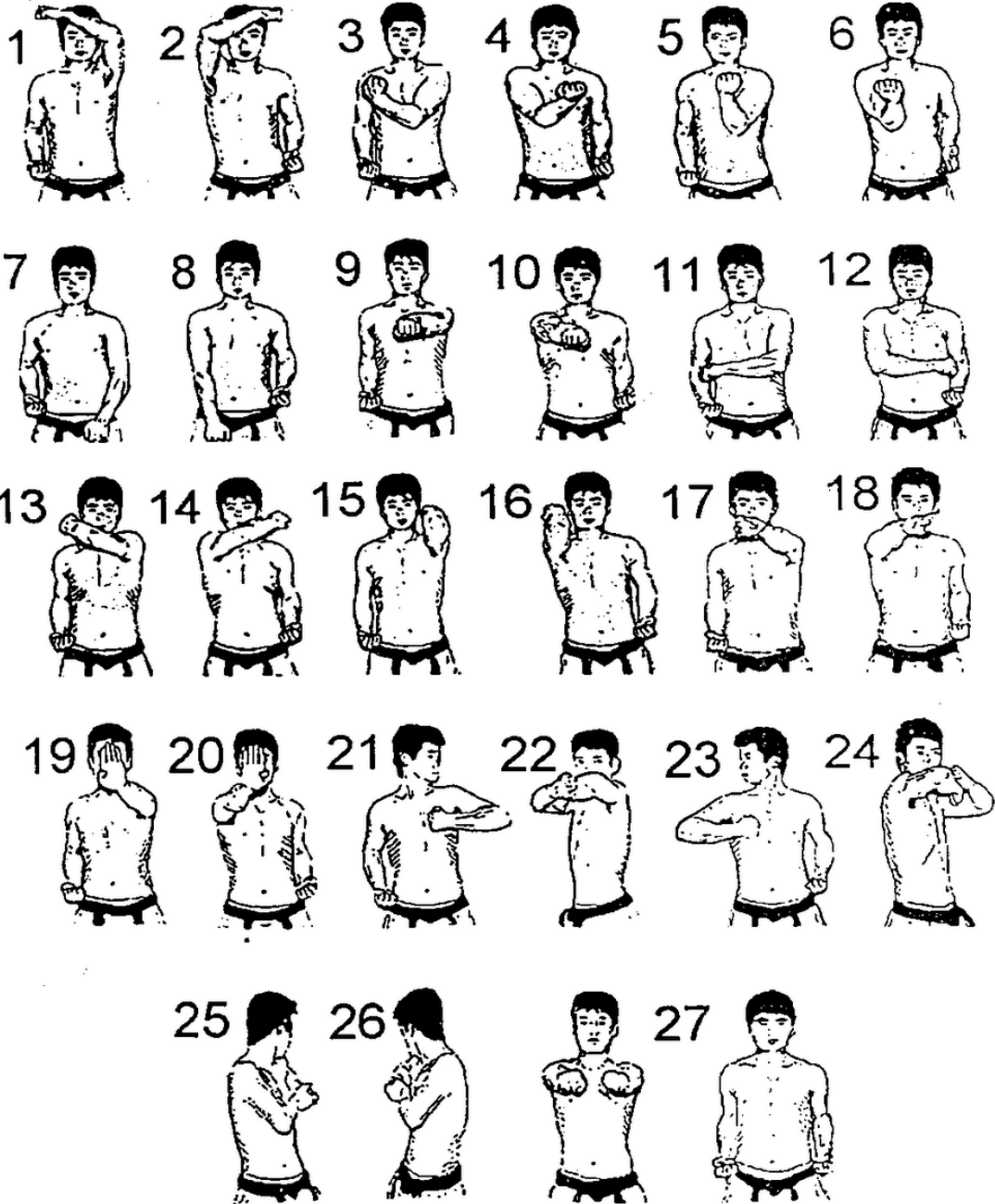


# NI JU SI CHI NO KATA



## **NI JU SI CHI NO KATA**

YOI

1. Left Hand – Upper Block
2. Right Hand – Upper Block
3. Left Hand – Outside Center Block
4. Right Hand – Outside Center Block
5. Left Hand – Inside Center Block
6. Right Hand – Inside Center Block
7. Left Hand – Lower Block
8. Right Hand – Lower Block
9. Left Hand – Center Punch – Kiyai
10. Right Hand – Center Punch – Kiyai
11. Grab – Left Hand over Right – Pull to Hip
12. Grab – Right Hand over Left – Pull to Hip
13. Left Hand – Strike Over Right Shoulder
14. Right Hand – Strike Over Left Shoulder
15. Left Elbow Strike to Chin
16. Right Elbow Strike to Chin
17. Left Hand – Shuto
18. Right Hand – Shuto
19. Left Hand – Heel Palm, Kiyai
20. Right Hand – Heel Palm, Kiyai
21. Left Elbow – Strike to Side
22. Left Elbow – Strike to Front (Palm to Elbow)
23. Right Elbow – Strike to Side
24. Right Elbow – Strike to Front (Palm to Elbow)
25. Left Elbow – Strike Behind (Right Hand Pushing)
26. Right Elbow – Strike Behind (Left Hand Pushing)
27. Lapel Grab – Pull to Tsuki, Kiyai