

UCSD Sabakukan dojo of Shorinji-Ryu Karate-do

Mushin no gata Shodan

(Empty mind kata)

Rei

Yoi

1. Head snaps to look 90° Left. Step out 90° Left L gedan barai (zenkutsu-dachi).
2. R chudan hon tsuki (zenkutsu-dachi).
3. R 180°, R gedan barai (zenkutsu-dachi)
4. L chudan hon tsuki (zenkutsu-dachi)
5. L 90°, L uchi uke (kokutsu-dachi)
 - 5.1. R (chudan), L (jodan) nidan tsuki (zenkutsu-dachi)
6. R age uke (zenkutsu-dachi)
 - 6.1. nidan tsuki
7. L soto uke (zenkutsu-dachi)
 - 7.1. nidan tsuki
8. R chudan hon tsuki (zenkutsu-dachi) -- **kiai**
9. L 270°, L uchi uke (neko ashi-dachi)
10. R chudan oi tsuki (lunging punch) (zenkutsu-dachi)
11. R 180°, R uchi uke (neko ashi-dachi)
12. L chudan oi tsuki (zenkutsu-dachi)
13. L 90°, L uchi uke (kokutsu-dachi)
 - 13.1. nidan tsuki (zenkutsu-dachi)
14. R age uke (zenkutsu-dachi)
 - 14.1. nidan tsuki
15. L soto uke (zenkutsu-dachi)
 - 15.1. nidan tsuki
16. R chudan hon tsuki (zenkutsu-dachi) – **kiai**
17. L 270°, L shuto uke (kokutsu-dachi)
18. Grab with previous L shuto as stepping forward, R chudan hon tsuki (zenkutsu-dachi)
19. R 180°, R shuto uke (kokutsu-dachi)
20. Grab, L chudan hon tsuki (zenkutsu-dachi) -- **kiai**

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