

NAGE NO KATA SONO SAN

1. Kumite no kamae.

2. FOR R GEDAN MAWASHI GERI, R JODAN TSUKI:

Uchi sune uke, L soto uke, mawashi uke, R mawashi hiza geri, pull the opponent off balance, R mawashi hiza geri, maki komi nage.

3. FOR R MAE GERI, R JODAN TSUKI:

L soto uke, L jodan soto uke, RH under the chin, L hiza geri, move to the opposite side of the opponent, RH under the chin, R hiza geri, ura nage, face the opposite direction.

4. FOR L GEDAN MAWASHI GERI, L JODAN TSUKI:

Soto sune uke, R jodan soto uke, mawashi uke, L mawashi hiza geri, L mawashi hiza geri, maki komi nage.

5. FOR L MAE GERI, L JODAN TSUKI:

L gedan barai, L jodan shuto uke, step into position 2, RH under the chin, L mawashi hiza geri, skip, R mawashi hiza geri, ura nage, face the front.

6. FOR R JODAN MAWASHI GERI:

L jodan shuto uke (both hands), R chudan mawashi geri, L jodan mawashi geri, R ushiro mawashi geri.

7. FOR L MAE GERI:

L gedan barai, R gedan mawashi geri, R-L mawashi uke, L mawashi hiza geri, R hiji uchi.

8. FOR L JODAN MAWASHI GERI:

Irimi, R gedan mawashi geri, while moving into position 2, RH under the chin, L mawashi hiza geri, skip, R mawashi hiza geri, ura nage, face the rear.

9. FOR R JODAN MAWASHI GERI:

Irimi, skip, L gedan mawashi geri, while moving into position 1, LH under the chin, R mawashi hiza geri, skip, L mawashi hiza geri, pull opponent down to your L thigh (sabaki).

10. R shuto uchi, step back, R mawashi geri, kumite no kamae.