

SHOSHINSHA NO KATA SONO ICHI

1. Kumite no kamae.
2. **FOR R CHUDAN TSUKI:**
L chudan soto uke, R jodan tsuki.
3. **FOR R JODAN TSUKI:**
L jodan soto uke, R jodan tsuki, R chudan mawashi geri, follow through, face the opposite direction.
4. **FOR L CHUDAN TSUKI:**
L gedan barai, R jodan tsuki.
5. **FOR L JODAN TSUKI:**
L shuto uke while positioning, R jodan tsuki, switch feet, L chudan mawashi geri, face the front.
6. **FOR R MAE GERI:**
L soto uke, R jodan tsuki, R chudan mawashi geri, place foot down behind.
7. **FOR L MAE GERI:**
L gedan barai, R gedan mawashi geri, L chudan mawashi geri.
8. **FOR L CHUDAN MAWASHI GERI:**
L soto hiji/hiza double block, R-L mawashi uke, L hiza geri, maki komi nage, face the rear.
9. **FOR R CHUDAN MAWASHI GERI:**
L uchi hiji/hiza double block, L-R mawashi uke, R hiza geri, maki komi nage, sabaki.
10. R tsuki, kumite no kamae.