

SHOSHINSHA NO KATA SONO NI

1. Kumite no kamae.
2. **FOR R MAE GERI:**
L soto uke, R chudan tsuki, L jodan tsuki, R jodan hook.
3. **FOR R MAE GERI:**
L soto uke, L-R nihon tsuki, R uchi momo geri, pull R foot back turning 180 clockwise, pulling the opponent down.
4. **FOR L MAE GERI:**
L gedan barai, R chudan tsuki, L jodan tsuki, R jodan hook.
5. **FOR L MAE GERI:**
L gedan barai, L-R nihon tsuki, R jikuashi geri, face the front.
6. **FOR R JODAN TSUKI:**
L jodan soto uke, R chudan hook, L jodan shita tsuki, R jodan tsuki.
7. **FOR L JODAN TSUKI:**
L shuto uke, R jodan tsuki, R gedan mawashi geri, L chudan mawashi geri.
8. **FOR R JODAN MAWASHI GERI:**
L kansetsu geri, R chudan mawashi geri, follow through, face the rear.
9. **FOR L JODAN MAWASHI GERI:**
R jikuashi geri, R-L mawashi uke, L gedan hiza geri, L chudan hiza geri, maki komi nage, sabaki.
10. R tsuki, kumite no kamae.