

SHOSHIN NO KATA SONO SAN

1. Kumite no kamae.
2. **FOR R MAE GERI:**
L soto uke, R chudan mawashi geri, R tobi hiza geri.
3. **FOR L YOKO GERI:**
L gedan barai while moving into position 4, L kansetsu geri, R jodan mawashi geri, follow through, face the opposite direction.
4. **FOR L MAE GERI:**
L gedan barai, R-L mawashi uke, L mawashi hiza geri, L chudan mawashi geri.
5. **FOR R YOKO GERI:**
L soto uke while moving into position 3, L kansetsu geri, R jodan mawashi geri, face the front.
6. **FOR R JODAN TSUKI:**
L soto uke, R uchi momo geri, R jodan mawashi geri (place the foot down behind)
7. **FOR L JODAN TSUKI:**
L jodan shuto uke, R gedan mawashi geri, L jodan mawashi geri.
8. **FOR R JODAN MAWASHI GERI:**
Irimi, R uchi momo geri, L ushiro mawashi geri, face the rear.
9. **FOR L JODAN MAWASHI GERI:**
Irimi, R jikuashi geri (grab with your R hand), L jikuashi geri (grab with your L hand), pull opponents head down to your left thigh (sabaki).
10. R hiji otoshi, kumite no kamae.