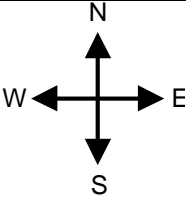

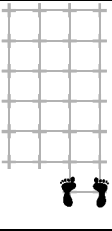
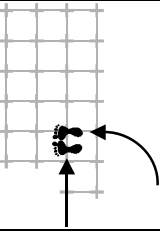
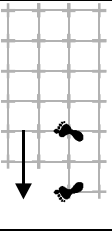
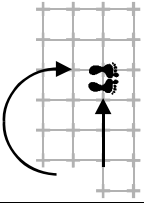
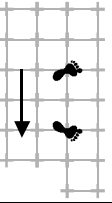
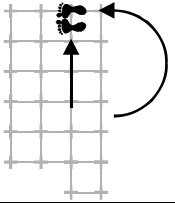
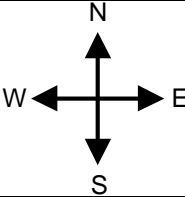

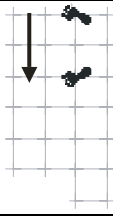
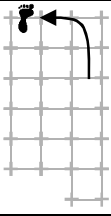
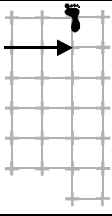
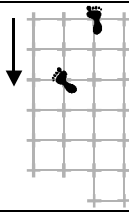
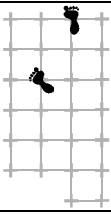
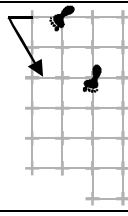


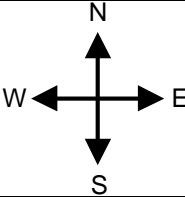

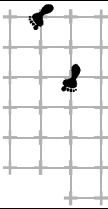
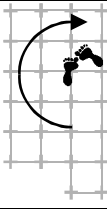
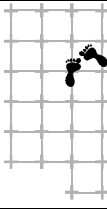
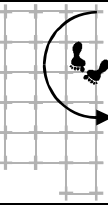
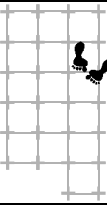
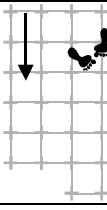
Movement Chart for Kata Saifa – Page 1 of 4

	<p>Grid is marked in single shoulder-width divisions</p> <p><i>Kata available on video and DVD from your sensei</i></p>	
<p>Start</p>	<p>1 – Ichi</p>	<p>2 – Ni</p>
		
<p>Start in parallel stance. Bring your heels together. Bow. Return to parallel stance.</p>	<p>Turning west, step your right foot two shoulder-widths north of your left foot. Bring your left foot up beside your right in attention stance, bending both knees slightly. Look straight ahead. At the same time, pull your right arm back with the fist closed, the palm facing your body. Move your left arm across your body and place the open palm against the front of your right fist.</p>	<p>Look right and pull your left arm back, keeping the hand open. Move your right arm across your body and twist your right fist into your left palm so that the back of the fist faces upwards. Move your left foot south two shoulder-widths into sumo stance and perform a palm heel block by moving your left hand in a semi-circle past your nose and down to your right side. Follow with a vertical back fist to the right using your right hand.</p>
<p>3 – San</p>	<p>4 – Shi</p>	<p>5 – Go</p>
		
<p>Pivoting on your right foot, turn east and step your left foot two shoulder-widths north of your right foot. Bring your right foot up beside your left in attention stance, bending both knees slightly. Look straight ahead. At the same time, pull your left arm back with the fist closed and the palm facing your body. Move your right arm across your body and place the open palm against the front of your left fist.</p>	<p>Look left and pull your right arm back keeping the hand open. Move your left arm across your body and twist your left fist into your right palm so that the back of your fist faces upwards. Move your right foot south two shoulder-widths into sumo stance and perform a palm heel block with your right hand by moving your right hand in a semi-circle past your nose and down to your left side. Follow with a vertical back fist to the left using your left hand.</p>	<p>Pivoting on your left foot, turn west and step your right foot two shoulder-widths north of your left foot. Bring your left foot up beside your right in attention stance, bending both knees slightly. Look straight ahead. At the same time, pull your right arm back with the fist closed and your palm facing your body. Move your left arm across your body and place the open palm against the front of your right fist.</p>

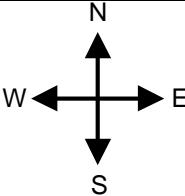

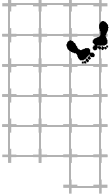
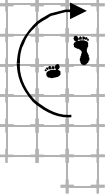
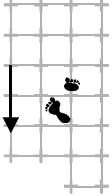
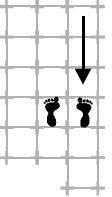
Movement Chart for Kata Saifa - Page 2 of 4

	<p>Grid is marked in single shoulder-width divisions.</p>	
<p>6 – Roku</p>	<p>7 – Shichi</p>	<p>8 – Hachi</p>
		
<p>Look right and pull your left arm back, keeping the hand open. Move your right arm across your body and twist your right fist into your left palm so that the back of the fist faces upwards. Move your left foot south two shoulder-widths into sumo stance and perform a palm heel block by moving your left hand in a semi-circle past your nose and down to your right side. Follow with a vertical back fist to the right using your right hand.</p>	<p>Turning your body north, drop your left hand down by your side. As you do so, move your left foot beside the right without putting your foot down. Now slide it one-and-a-half shoulder-widths west then put it down. At the same time, lift your right foot to your left knee into crane stance. Perform a head-level ridge-hand block with your left hand and drop your right hand below and behind your right buttock in a palm heel block. Look right.</p>	<p>Look to the front. Execute a front kick with your right foot. Move your right foot one and a half shoulder-widths east and put it down. Lift your left foot to your right knee in crane stance. At the same time, perform a head-level ridge-hand block with your right hand and drop your left hand below and behind your left buttock in a palm heel block. Look left.</p>
<p>9 – Ku</p>	<p>10 – Ju</p>	<p>1 – Ichi</p>
		
<p>Look to the front. Execute a front kick with your left foot, and then drop your left foot behind you into forward stance. As you move the left foot back, reach out with both hands and execute a double collar-height grab, crossing your right hand over the left. Pull your hands back to your hips, uncrossing them as you go. Follow up with a fast horizontal double punch to the collar bones. Leave your arms extended.</p>	<p>Open your left hand. Move it in a large outward semi-circular motion to a point about a foot in front of your groin. At the same time, move your right clenched fist in an outward semi-circle on the other side, ending in a side hammer-fist strike to the palm of your left hand. The movement is done slowly with tension and should take 4 seconds to perform from start to finish.</p>	<p>Perform a front-foot turn by moving your right foot one shoulder width west of your left foot and cross the right hand over the left at the wrist. Rotate your body 180 degrees to face south in forward stance. Execute a double collar-height grab, crossing your right hand over the left. Pull your hands back to your hips, uncrossing them as you go. Follow up with a fast horizontal double punch to the collar bones. Leave your arms extended.</p>

Movement Chart for Kata Saifa - Page 3 of 4

	<p>Grid is marked in single shoulder-width divisions.</p>	
<p>2 – Ni</p>	<p>3 – San</p>	<p>4 – Shi</p>
		
<p>Open your right hand. Move it in a large outward semi-circular motion to a point about a foot in front of your groin. At the same time, move your left clenched fist in an outward semi-circle on the other side, ending in a side hammer-fist strike to the palm of your right hand. The movement is done slowly with tension and should take 4 seconds to perform from start to finish.</p>	<p>Raise your right arm over your head with the elbow bent to about 90 degrees and the palm of your fist facing forwards. Your forearm should be touching the top of your head. At the same time, cross your left arm over your body at the lower sternum with the back of the fist facing upwards, and lift your right foot to your left knee. Pivot 180 degrees on your left foot and drop your right foot into hourglass stance. As you drop into stance, perform a downward upper level hammer-fist strike with your right arm, kiai, and retract your left arm simultaneously.</p>	<p>Open your right hand with the palm facing down and simulate a hair grab. Retract your right hand to your waist, palm downwards, keeping the hand open in a grab shape. Perform a short punch with your left hand as you retract your right hand.</p>
<p>5 - Go</p>	<p>6 - Roku</p>	<p>7 – Shichi</p>
		
<p>Raise your left arm over your head with the elbow bent to about 90 degrees and the palm of your fist facing forwards. Your forearm should be touching the top of your head. At the same time, cross your right arm over your body at the lower sternum with the back of the fist facing upwards, and lift your left foot to your right knee. Pivot 180 degrees on your right foot and drop your left foot into hourglass stance. As you drop into stance, perform a downwards upper level hammer-fist strike with your left arm, kiai, and retract your left arm simultaneously.</p>	<p>Open your left hand and simulate a hair grab with the palm facing down. Retract your left hand to your waist, palm downwards, keeping the hand open in a grab shape. Perform a short punch with your right hand as you retract your left hand.</p>	<p>Close your left hand into a fist with the palm facing downwards. At the same time, extend your right hand in a straight punch position and move your right leg forwards into hourglass stance. All three movements happen simultaneously and with slow precision.</p>

Movement Chart for Kata Saifa – Page 4 of 4

	<p>Grid is marked in single shoulder-width divisions.</p>	
<p>8 – Hachi</p>	<p>9 – Ku</p>	<p>10 - Ju</p>
		
<p>Perform a reverse punch with your left hand.</p>	<p>Pivot your right foot until it's facing west. Turn your body and right foot north. Bring your left foot up behind and to the side of your right foot, standing on the ball of the foot in reverse cat stance. Leave your left punch extended until you are almost facing north, then bring it past your body in a straight line, extending the hand out in front of you. As your left hand reaches the right hand, the right hand moves forward with it. Both hands are open and finish one on top of the other, a head height apart, with your right hand uppermost.</p>	<p>Step back with your left foot into forward stance, but immediately drag your right foot back and continue into cat stance. Pull both hands back to the left side of your chest, a head distance apart. Your right hand should be uppermost pointing backwards. Your left hand points forwards. Whilst moving both hands to the front of your body, rotate your hand position 180 degrees so that left hand is uppermost pointing east, and right hand pointing west. Turn your open palms outwards, with your right hand pointing upwards and your left hand pointing downwards. Push arms outwards with tension a foot or so.</p>
	<p>End</p>	
		
	<p>Move your right leg back beside the left into parallel stance. Bring your heels together. Bow. Return to parallel stance.</p>	

Disclaimer - This chart is not intended to be a definitive description of Kata Saifa. It's a reminder of the key moves and is designed for use in conjunction with instruction by your sensei. For queries or corrections, please email me at matb@cix.co.uk Visit www.gkrkarate.org for more great stuff!