
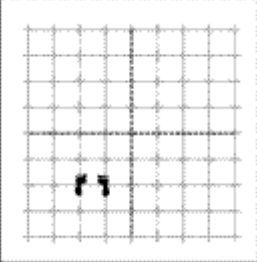
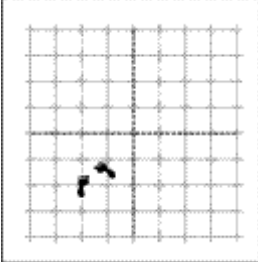
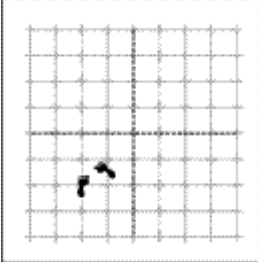
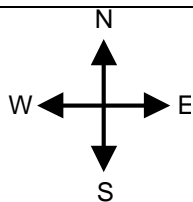
	<p>Grid is marked in single shoulder-width divisions</p> <p><i>Kata available on DVD from your sensei</i></p> <p>Chart copyright 2005 Mat Broomfield matb@cix.co.uk</p>	
<p>Start</p>	<p>1 – Ichi</p>	<p>2 – Ni</p>
		
<p>Start in ready stance. Bring your heels together and bow. Return to ready stance.</p>	<p>Without turning your hips, step your right foot forwards into pigeon-toed stance, ensuring that you use a circular sliding motion of your foot (suri ashi).</p> <p>At the same time perform two simultaneous inside blocks, one with each arm. Be sure that at the finishing position, your elbows are tucked in and your fists are at shoulder level.</p> <p>This entire sequence should be performed slowly, with tension and good breathing. This entire sequence should be performed slowly, with tension and good breathing.</p>	<p>Slowly draw your left hand back into chamber by your side. Perform a fast mid-level punch to the centre.</p> <p>The instant your punch reaches the target, perform a lightning-fast inside block. However, it's important to understand that you don't block in the usual sense - instead, you simply relax your elbow so that it drops down, turning your wrist as it goes. Ensure that the block is the same height as your other arm, which you have not moved.</p>

Movement Chart for Kata Sanseru – Page 2 of 8



Grid is marked in single shoulder-width divisions

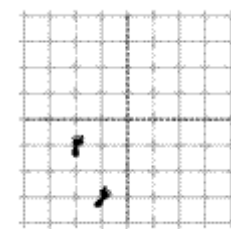
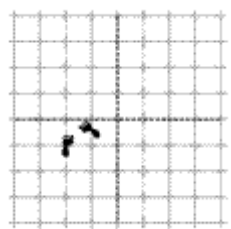
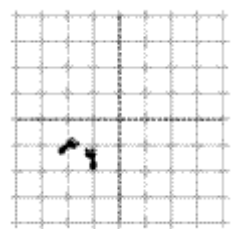
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3 – San

4 – Shi

5 – Go



Without turning your hips, step your left foot slowly forwards into pigeon-toed stance, ensuring that you use a strong suri ashi movement.

Slowly draw your right hand back into chamber by your side. Perform a fast mid-level punch to the centre.

The instant the punch reaches the target, perform a lightning-fast inside block with the same hand as described in step 2.

Without turning your hips, step your right foot slowly forwards into pigeon-toed stance, ensuring that you use a strong suri ashi movement.

Slowly draw your left hand back into chamber by your side. Perform a fast mid-level punch to the centre.

The instant your punch reaches the target, perform a lightning-fast inside block with the same hand as described in step 2.

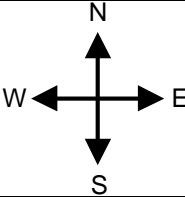

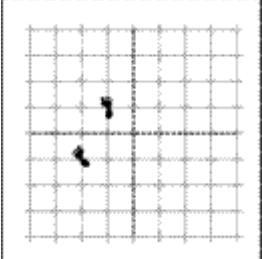
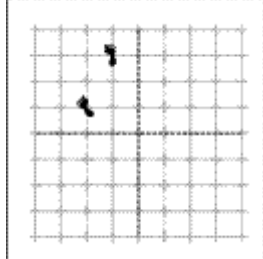
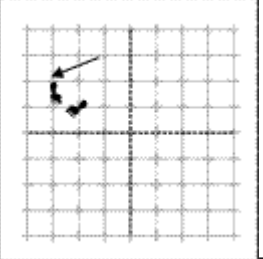
Open both hands into a knife-hand shape. Slowly drop your right arm so that it points downwards at about 45 degrees, and extends straight out from your shoulder (rather than pointing across your body). Your palm should be facing downwards, with your wrist straight.

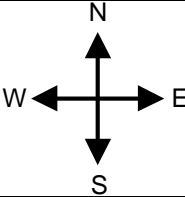

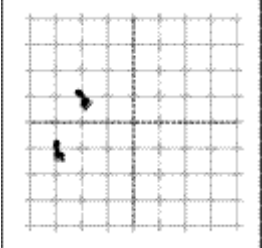
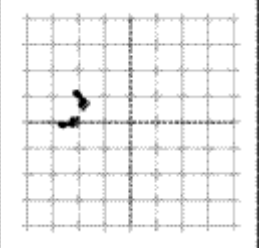
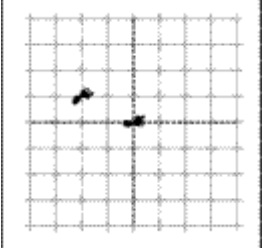
At the same time, slowly raise your left hand above your right shoulder. Your palm should be facing down towards your shoulder with the wrist straight.

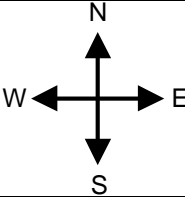

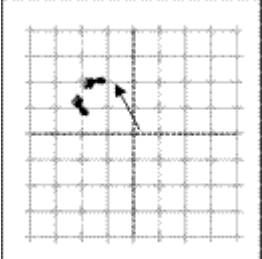
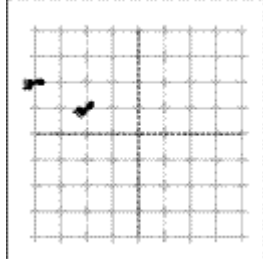
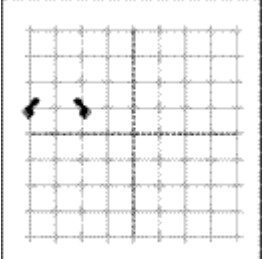
Now chop your left hand downwards quickly, performing a knife-handed gedan barai. Note that there is no wrist turn because your wrist is already turned at the start of the move. As you block with your left hand, sharply retract your right hand into chamber by your right side, with your hand still open, palm facing upwards.

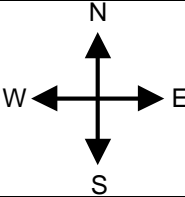

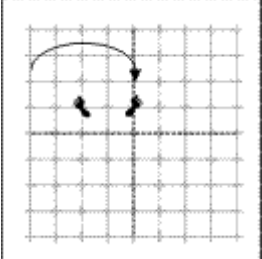
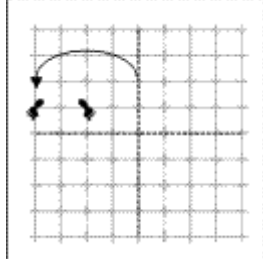
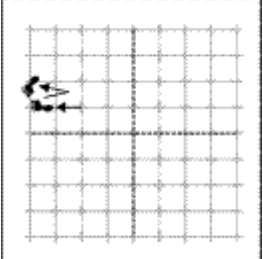
As you perform the block, step your right foot back swiftly into forward stance.

Ensure that your hips are turned to 45 degrees and your right hand is fully drawn back.

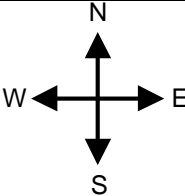

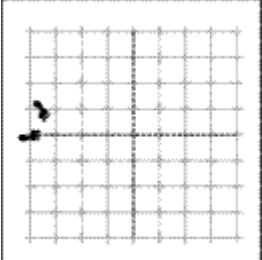
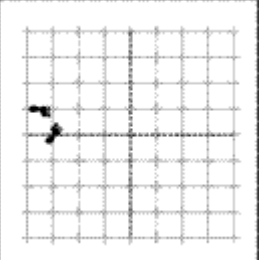
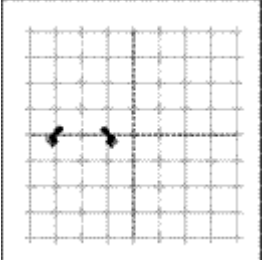
	<p>Grid is marked in single shoulder-width divisions Chart copyright 2005 Mat Broomfield matb@cix.co.uk</p>	
<p>6 – Roku</p>	<p>7 – Shichi</p>	<p>8 – Hachi</p>
		
<p>Step your right foot through into forward stance. As you land, quickly thrust your open right hand downwards in a spear-like motion, across your body to the left at an angle of about 45 degrees (roughly the same finishing position as if you had just performed a gedan uke - low-level block - with that hand). Your palm should be facing to the left.</p> <p>Immediately, thrust your open left hand downwards across your body to the right at the same angle, with the palm facing to your right. Your arms should cross just above the wrist, with the left hand on top. The point where they cross should be the centre of your body at about groin height.</p> <p>Your shoulders and hips should be square in the finishing position.</p>	<p>Without changing your arm position, step through with your left foot and perform a mid-level front kick. Land your left foot beside your right at shoulder width, and perform a mid-level front kick with your right foot. This time, after returning your foot to the knee, you should land down in front stance with your right foot in front.</p> <p>As you land, execute a rising elbow strike with your right arm, drawing your left arm back into chamber as you do so. Leaving your right elbow in the finishing position, perform a reverse punch using your left arm.</p> <p>Use your hips on both strikes, but do not exaggerate the movement.</p>	<p>Continuing to look north, turn your body to the west and draw your right leg up into a side-kick preparation position.</p> <p>As you do so, allow your left arm to bend at the elbow to about a right angle. Keeping your right arm in the elbow-strike position, as you turn, your right elbow will meet your left fist. Hold them tightly in that position as you perform the kick.</p> <p>Forming a strong edge with the outside of your right foot, execute a stamping side kick (kensetsu geri) out to the north at an angle of about 45 degrees. Turn your hips into the kick.</p> <p>Return your foot high to your left knee.</p> <p>Turn your head and body to the south, and with control, slowly place your right foot down, and backwards into pigeon-toed stance. Be careful not to set your stance too long.</p> <p>As you land, perform a strong medium-pace inside block with your left hand, drawing your right hand back into chamber as you do so.</p>

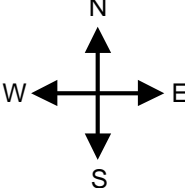

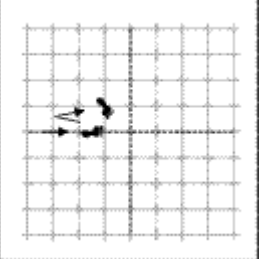
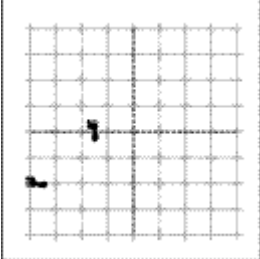
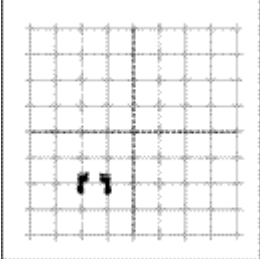
	<p>Grid is marked in single shoulder-width divisions Chart copyright 2005 Mat Broomfield matb@cix.co.uk</p>	
<p>9 – Ku</p>	<p>10 – Ju</p>	<p>1 – Ichi</p>
		
<p>Keeping your height low, perform a mid-level front kick with your right foot. After returning your foot to the knee, place it down in front stance, with your right foot in front.</p> <p>As you land, execute a rising elbow strike with your right arm, drawing your left arm back into chamber as you do so. Leaving your right elbow in the finishing position, perform a reverse punch using your left arm.</p> <p>Use your hips on both strikes, but do not exaggerate the movement.</p>	<p>Keep looking south but turn your body to the east and draw your right leg up into a side-kick preparation position.</p> <p>As you do so, allow your left arm to bend at the elbow to about a right angle. Keeping your right arm in the elbow-strike position, as you turn, your right elbow will meet your left fist. Hold them tightly in that position as you perform the kick.</p> <p>Forming a strong edge with the outside of your right foot, execute a stamping side kick (kensetsu geri) to the south at an angle of about 45 degrees. Turn your hips into the kick.</p> <p>Return your foot high to your left knee.</p> <p>Turn your head to the east, and with control, slowly place your right foot down, and backwards into pigeon-toed stance. Be careful not to set your stance too long.</p> <p>As you land, perform a strong medium-pace inside block with your left hand, drawing your right hand back into chamber as you do so.</p>	<p>Keeping your height low, perform a mid-level front kick with your right foot. After returning your foot to the knee, place it down in front stance, with your right foot in front.</p> <p>As you land, execute a rising elbow strike with your right arm, drawing your left arm back into chamber as you do so. Leaving your right elbow in the finishing position, perform a reverse punch using your left arm.</p> <p>Use your hips on both strikes, but do not exaggerate the movement.</p>

	<p>Grid is marked in single shoulder-width divisions Chart copyright 2005 Mat Broomfield matb@cix.co.uk</p>	
<p>2 – Ni</p>	<p>3 – San</p>	<p>4 – Shi</p>
		
<p>Keep looking east but turn your body to the north and draw your right leg up into a side-kick preparation position.</p> <p>As you do so, allow your left arm to bend at the elbow to about a right angle. Keeping your right arm in the elbow-strike position, as you turn, your right elbow will meet your left fist. Hold them tightly in that position as you perform the kick.</p> <p>Forming a strong edge with the outside of your right foot, execute a stamping side kick (kensetsu geri) to the east at an angle of about 45 degrees. Turn your hips into the kick.</p> <p>Return your foot high to your left knee.</p> <p>Turn your head and body to the west, and with control, slowly place your right foot down, and backwards into pigeon-toed stance. Be careful not to set your stance too long.</p> <p>As you land, perform a strong medium-pace inside block with your left hand, drawing your right hand back into chamber as you do so.</p>	<p>Keeping your height low, perform a mid-level front kick with your right foot. After returning your foot to the knee, place it down in front stance, with your right foot in front.</p> <p>As you land, execute a rising elbow strike with your right arm, drawing your left arm back into chamber as you do so. Leaving your right elbow in the finishing position, perform a reverse punch using your left arm.</p> <p>Use your hips on both strikes, but do not exaggerate the movement.</p>	<p>Draw both hands back into chamber and move your right foot into sumo stance facing south. As you move into stance, simultaneously thrust both hands downwards crossing them just above the wrists forming an X shape in front of your groin. Your left hand should be on top, and you should try to keep your back straight.</p> <p>As you perform the X block, you should look downwards.</p>

	<p>Grid is marked in single shoulder-width divisions Chart copyright 2005 Mat Broomfield matb@cix.co.uk</p>	
<p>5 - Go</p>	<p>6 - Roku</p>	<p>7 - Shichi</p>
		
<p>Look to your right. Crossing your legs behind you, step two shoulders to the east with your right leg.</p> <p>Draw both hands back into chamber and rotate into sumo stance facing north. As you move into stance, simultaneously thrust both hands downwards crossing them just above the wrists forming an X shape in front of your groin. Your left hand should be on top, and you should try to keep your back straight.</p> <p>As you perform the X block, you should look downwards.</p>	<p>Look west. Crossing your legs in front of you, step two shoulders to the west with your right leg and rotate into sumo stance with your body facing south. Keep looking west.</p> <p>As you do so, place your left open hand at your belly button, palm upwards. Place your right open hand beneath it so that the right palm is pressing the back of your left hand.</p> <p>Move the elbow of your right arm in a circular motion performing an upper arm block. Your elbow should pass your belly button, your left temple, and your forehead, before coming to a stop just past your right ear and about a foot in front of it - remember that you are still facing west and should now be looking through the crook of your elbow.</p> <p>Your arm should be bent to a right angle at the elbow, and your right hand is still open, and is positioned just in front of your left temple, palm facing outwards.</p>	<p>Turn the sole of your right foot towards you, and at a medium speed, draw your right foot in until it touches your left toes (a hooking sweep). As you do so, pull both arms into chamber.</p> <p>Now, moving swiftly, step back out two shoulders to the west into a right-foot forwards pigeon-toed stance. As you move, deliver a u punch (a simultaneous reverse punch with your left arm, and a short punch with your right).</p> <p>Both punches should be to the centre line.</p>

Movement Chart for Kata Sanseru - Page 7 of 8

	<p>Grid is marked in single shoulder-width divisions Chart copyright 2005 Mat Broomfield matb@cix.co.uk</p>	
<p>8 – Hachi</p>	<p>9 – Ku</p>	<p>10 - Ju</p>
		
<p>Move your front foot two shoulder-widths to the left, look sharply over your shoulder, and pivot so that you are facing east in pigeon-toed stance.</p> <p>As you move your foot, prepare your left hand beneath your right elbow in readiness for an inside block. As you pivot, execute the block so that it finishes at the same time as your turn.</p>	<p>Step your right foot forwards in pigeon-toed stance with a strong suri ashi movement and perform an inside block with your right hand.</p>	<p>Step your left foot out so that you are in sumo stance with your body facing south, and your head looking east.</p> <p>As you do so, place your right open hand at your belly button, palm upwards. Place your left open hand beneath it so that the left palm is pressing the back of your right hand.</p> <p>Move the elbow of your left arm in a circular motion performing an upper arm block. Your elbow should pass your belly button, your right temple, and your forehead, before coming to a stop just past your left ear and about a foot in front of it - remember that you are still facing east and should now be looking through the crook of your elbow.</p> <p>Your arm should be bent to a right angle at the elbow, and your left hand is still open, and is positioned just in front of your right temple, palm facing outwards.</p>

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<p>1 – Ichi</p>	<p>2 – Ni</p>	<p>3 – San</p>
		
<p>Turn the sole of your left foot towards you, and at a medium speed, draw your left foot in until it touches your right toes (a hooking sweep). As you do so, pull both arms into chamber.</p> <p>Now, moving swiftly, step back out two shoulders to the east into a left-foot forwards pigeon-toed stance. As you move, deliver a u punch (a simultaneous reverse punch with your right arm, and a short punch with your left).</p> <p>Both punches should be to the centre line.</p>	<p>Allow both arms to drop to your groin. As they fall, your left hand turns over so that the palm is facing downwards. Both hands open into a natural shape, and the wrists precede the palms downwards (so it looks as though the hands are dragging behind the wrists). This should be a medium paced, graceful movement.</p> <p>As you lower your arms, you should also be corkscrewing your body downwards. In other words, you keep your feet where they are, but you start to pivot your legs around each other, turning to your right, and dropping as low as you can as you twist. Keep your back straight.</p> <p>You should also be looking as far over your right shoulder as possible.</p> <p>When you have turned as far as possible without moving your feet, move your left foot in a straight line, diagonally to the south-west until you are in a sumo stance with your body facing north west, and your head looking north.</p> <p>As you move into this stance, you should raise both hands from your groin, so that they come to rest along your centre line, with the right hand at chin height and the left at solar plexus height. Both hands should be in chicken foot shape (tips of all the fingers touching, fingers more-or-less straight, with the wrist bent forwards as far as possible), with the wrists uppermost.</p> <p>Keep your elbows in tight to your body.</p>	<p>Return to ready stance. Bring your heels together, toes out. Bow. Return to ready stance.</p>

Disclaimer - This chart is not intended to be a definitive description of Kata Sanseru. 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.