

















































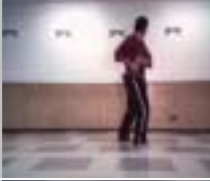




















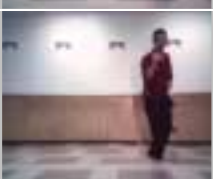






SEISAN KATA – NARRATIVE (Novice Level)



















		Front	Side
1	Starting in Musubi Dachii (Attention Stance), Rei (Bow)		
2	Peace/War		
3	Step right into Heiko Dachii (Ready Stance)		
4	Stack Hands, Circle step left foot into Seisan Dachii (Forward Fighting Stance), Chest Block		
5	Reverse Punch		
6	Circle step right foot into Seisan Dachii (Forward Fighting Stance), Reverse Punch		
7	Circle step left foot into Seisan Dachii (Forward Fighting Stance), Reverse Punch		
8	Lunge step into Seisan Dachii (Forward Fighting Stance), Wedge Block		



















9	Look over left shoulder, Drop hands to an Open X Block position		
10	Pivot left foot 180 degrees to the outside, Step right foot and pivot 180 degrees into Seisan Dachi (Forward Fighting Stance) (left foot forward), Double Open Low Block		
11	Openhand Guard, Circle step right foot into Seisan Dachi (Forward Fighting Stance), Ridgehand Chest Block/Open Low Block.		
12	Turn right hand over, Grab, Pull in		
13	Openhand Guard, Circle step left foot into Seisan Dachi (Forward Fighting Stance), Ridgehand Chest Block/Open Low Block.		
14	Turn left hand over, Grab, Pull in		
15	Openhand Guard, Circle step right foot into Seisan Dachi (Forward Fighting Stance), Ridgehand Chest Block/Open Low Block.		
16	Turn right hand over, Grab, Pull in		
17	Look left, Stack hands		






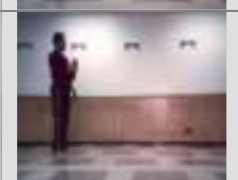
18	Lunge step into Seisan Dachi (Forward Fighting Stance) (left foot forward) facing 90 degrees to the left, Chest Block		
19	Reverse Punch		
20	Straight Punch		
21	Front Snap Kick with right leg, Set foot back after kick		
22	Reverse Punch		
23	Look right, Pivot 90 degrees to the right, Stack hands		
24	Look right, Lunge step into Seisan Dachi (Forward Fighting Stance) (right foot forward) facing 90 degrees to the right, Chest Block		
25	Reverse Punch		
26	Straight Punch		

27	Front Snap Kick with left leg, Set foot back after kick		
28	Reverse Punch		
29	Look left, Stack hands		
30	Lunge step into Seisan Dachi (Forward Fighting Stance) (left foot forward) facing 90 degrees to the left, Chest Block		
31	Reverse Punch		
32	Straight Punch		
33	Front Snap Kick with right leg, Set foot back after kick		
34	Reverse Punch		
35	Set left hand on right hip, Pivot back foot 90 degrees to the right, Chest Block		

36	Look over right shoulder, Stack Hands on left hip, Step left foot across behind right foot into a pigeon toed stance		
37	Pull right foot back into Neko Ashi Dachi (Cat Stance) (right foot forward) facing 180 degrees to the right		
38	Lunge step into Seisan Dachi (Forward Fighting Stance), Deflect, Backfist		
39	Lunge back into Neko Ashi Dachi (Cat Stance), Guard		
40	Step left foot into Chinto Dachi (Step Across Stance)		
41	Front Snap Kick with right foot/Kiai		
42	Set forward into Seisan Dachi (Forward Fighting Stance), Leg Block		
43	Reverse Punch		
44	Set right hand on left hip, Pivot back foot 90 degrees to the left, Chest Block		

45	Look over left shoulder, Stack Hands on right hip, Step right foot across behind left foot into a pigeon toed stance		
46	Pull left foot back into Neko Ashi Dachi (Cat Stance) (left foot forward) facing 180 degrees to the left		
47	Lunge step into Seisan Dachi (Forward Fighting Stance), Deflect, Backfist		
48	Lunge back into Neko Ashi Dachi (Cat Stance), Guard		
49	Step right foot into Chinto Dachi (Step Across Stance)		
50	Front Snap Kick with left foot		
51	Set forward into Seisan Dachi (Forward Fighting Stance), Leg Block		
52	Reverse Punch		
53	Set left hand on right hip, Pivot back foot 90 degrees to the right, Chest Block		

54	Look over right shoulder, Stack Hands on left hip, Step left foot across behind right foot into a pigeon toed stance		
55	Pull right foot back into Neko Ashi Dachi (Cat Stance) (right foot forward) facing 180 degrees to the right		
56	Set right foot down, Deflect, Backfist		
57	Set into Seisan Dachi (Forward Fighting Stance) (right foot forward), Leg Block		
58	Reverse Punch		
59	Set right hand on left hip, Pivot back foot 90 degrees to the left, Chest Block		
60	Lift left heel, Pivot left foot (Point foot straight forward), Openhand Guard		
61	Circle Step right foot back into Neko Ashi Dachi (Cat Stance), Open Chest Block		
62	Set front foot down, Front Snap Kick with the right foot/Kiai, Set back into Seisan Dachi (Forward Fighting Stance) (left foot forward)		

63	Reverse Punch		
64	Drop hands covering groin		
65	Lunge back into Neko Ashi Dachi (Cat Stance)/Circle hands up and out in front of shoulders setting them back to the hips		
66	Trap/Break		
67	Step right foot up into Musubi Dachi (Attention Stance), Peace/War		
68	Rei (Bow)	