
















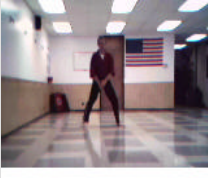



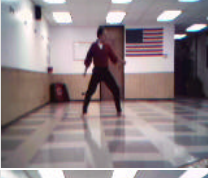
















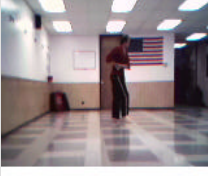







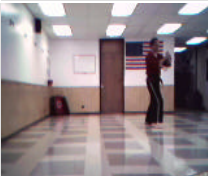















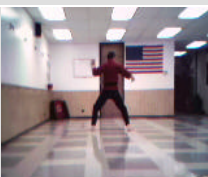

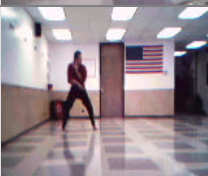






SEIUCHIN KATA – NARRATIVE



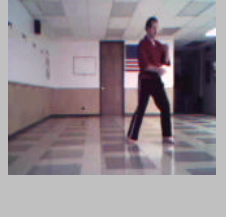
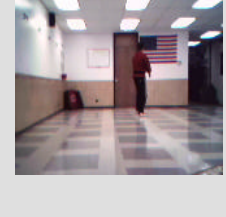

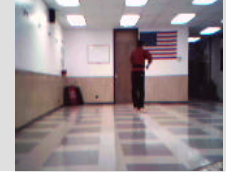



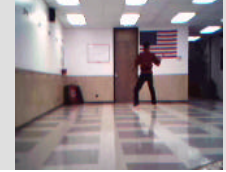



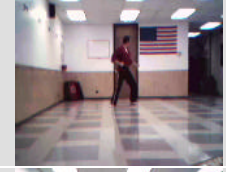

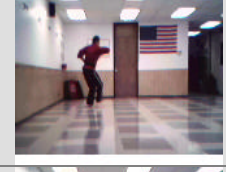

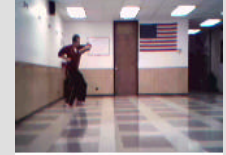
		Front	Side
1	Starting in Musubi Dachii (Attention Stance), Rei (Bow)		
2	Peace/War		
3	Step Right foot into Heiko Dachii (Ready Stance)		
4	Look left, Circle step right foot forward into a Seiuchin Dachii (Horse Stance) facing 90 degrees to the left, Drop both hands open, guarding the groin		
5	Double Ridgehand Chest Block under tension		
6	Look right, Double Hammerfist Leg Block to the sides under tension		
7	Right Ridgehand Chest Block to the right side		
8	Turn right hand over, Left Gouge to the right/Pull in right hand		














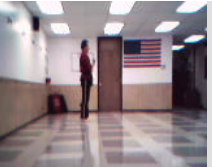
9	Look over right shoulder, Circle step left foot into a forward Seiuchin Dachi (Horse Stance) facing 180 degrees to the right, Drop both hands open, guarding the groin		
10	Double Ridgehand Chest Block under tension		
11	Look left, Double Hammerfist Leg Block to the sides under tension		
12	Left Ridgehand Chest Block to the left side		
13	Turn left hand over, Right Gouge to the left/Pull in left hand		
14	Look over left shoulder, Circle step right foot into a forward Seiuchin Dachi (Horse Stance) facing 180 degrees to the left, Drop both hands open, guarding the groin		
15	Double Ridgehand Chest Block under tension		
16	Look right, Double Hammerfist Leg Block to the sides under tension		
17	Right Ridgehand Chest Block to the right side		

18	Turn right hand over, Left Gouge to the right/Pull in right hand		
19	Raise right hand, Right Backknuckle down into palm of the left hand		
20	Pull right foot back through Neko Ashi Dachi (Cat Stance), Set hands at right hip ready for a reinforced punch		
21	Lunge step into Seisan Dachi (Forward Fighting Stance) right foot forward, Reinforced Punch		
22	Left hand Head Grab, Right Uppercut Elbow		
23	Look 45 degrees to the right, right knee lift, Set hands at left hip ready for a reinforced block		
24	Lunge Step into Seisan Dachi (Forward Fighting Stance) right foot forward facing 45 degrees to the right, Reinforced Chest Block		
25	Circle step left foot into a side Seiuchin Dachi (Horse Stance), Left side Leg Block		
26	Circle step left foot back into a side Seiuchin Dachi (Horse Stance), Right side Leg Block		

27	Look 90 degrees to the left, left knee lift, Set hands at right hip ready for a reinforced block		
28	Lunge Step into Seisan Dachii (Forward Fighting Stance) left side forward facing 90 degrees to the left, Reinforced Chest Block		
29	Circle step right foot into a side Seiuchin Dachii (Horse Stance), Right side Leg Block		
30	Circle step right foot back into a side Seiuchin Dachii (Horse Stance), left side Leg Block		
31	Look 45 degrees to the right, Circle step left foot back into a side Seiuchin Dachii (Horse Stance) right foot forward facing 45 degrees to the right, Open Hand Guard – right hand high, left hand low		
32	Open left hand Head block, Pull left hand open to rear/Strike forward and down with right open hand - under tension (left hand high, right hand low)		
33	Circle step right foot back into a side Seiuchin Dachii (Horse Stance) left foot forward, Open Hand Guard – left hand high, right hand low		
34	Open right hand Head block, Pull right hand open to rear/Strike forward and down with left open hand - under tension (right hand high, left hand low)		
35	Turn left foot pointing forward, Circle step right foot into Seisan Dachii (Forward Fighting Stance), Left hand head grab		

36	Hammerfist Strike into palm of left hand		
37	Lunge step into Seisan Dachi (Forward Fighting Stance), Right Backknuckle Strike		
38	Look 225 degrees to the left over left shoulder, Pivot left foot 225 degrees to the left, Guard – left hand low, right hand high		
39	Step right foot across into Seisan Dachi (Forward Fighting Stance) left foot forward facing 225 degrees to the left, Left Chest Block/Right Groin Block		
40	Reset hands (right hand open guarding chest), Turn right foot out		
41	Lift left knee		
42	Set left foot into a side Seiuchin Dachi (Horse Stance) left foot forward, Left Uppercut/Kiai		
43	Left Backknuckle		
44	Left Leg Block		

45	Circle step left foot back to a side Seiuchin Dachi (Horse Stance), Leg Block		
46	Look 180 degrees to the left, Step right foot up to Seisan Dachi (Forward Fighting Stance) left foot forward facing 180 degrees to the left, Guard – left hand low, right hand high, Left Chest Block/Right Groin Block		
47	Open left hand to guard chest, turn left foot out		
48	Stepping high circle step right foot into a side Seiuchin Dachi (Horse Stance) right foot forward, Right Uppercut		
49	Right Backknuckle		
50	Right Leg Block		
51	Circle step right foot back to a side Seiuchin Dachi, Leg Block		
52	Look 45 degrees to the right, Circle step left foot back into Neko Ashi Dachi (Cat Stance) right foot forward facing 45 degrees to the right, Bear Hug Break		
53	Circle step right foot back into Neko Ashi Dachi (Cat Stance) left foot forward, Bear Hug Break		

54	Right hand Punching Groin Block		
55	Open left hand in front of chest, Circle step/lunge right foot into Seisan Dachi (Forward Fight Stance) right foot forward/Circle-Parry with the left hand		
56	Right Backknuckle/Kiai		
57	Drop hands open at side, Lunge step back into Neko Ashi Dachi (Cat Stance)		
58	Circle hands up in front of head, palms out, turn palms back toward you		
59	Pull arms down under, Set front foot down/Release Tension bringing arms apart in front of chest		
60	Step left foot up to Musubi Dachi (Attention Stance), Peace/War		
61	Rei (bow)	