

Newtown Kata Sono Ichi

By Vlad Shurupov and Ben Osland (May 2003)

Following the same pattern as the Taikyoku kata, with techniques no higher than 7th kyu.

1. Step into Ko-Kutsu-Dachi (KKD), block chudan uchi uke, strike chudan gyaku-zuki
2. Front foot chudan mae geri, step forward in KKD, block mawashi barai, punch chudan gyaku-zuki
3. Step into KKD, block chudan uchi uke, strike chudan gyaku-zuki
4. Front foot chudan mae geri, step forward in KKD, block mawashi barai, punch chudan gyaku-zuki
5. Step into sanchin dachi, block chudan uchi uke, strike chudan gyaku-zuki
6. Step forward in sanchin dachi, block jodan uke
7. Step forward in sanchin dachi, block jodan uke
8. Step forward in sanchin dachi, block jodan uke
9. Step into KKD, block chudan uchi uke, strike chudan gyaku-zuki
10. Front foot chudan mae geri, step forward in KKD, block mawashi barai, punch chudan gyaku-zuki
11. Step into KKD, block chudan uchi uke, strike chudan gyaku-zuki
12. Front foot chudan mae geri, step forward in KKD, block mawashi barai, punch chudan gyaku-zuki
13. Step into sanchin dachi, block chudan uchi uke, strike chudan gyaku-zuki
14. Step forward in sanchin dachi, block chudan soto uke, punch chudan gyaku-zuki
15. Step forward in sanchin dachi, block chudan soto uke, punch chudan gyaku-zuki
16. Step forward in sanchin dachi, block chudan soto uke, punch chudan gyaku-zuki
17. Step into KKD, block chudan uchi uke, strike chudan gyaku-zuki
18. Front foot chudan mae geri, step forward in KKD, block mawashi barai, punch chudan gyaku-zuki
19. Step into KKD, block chudan uchi uke, strike chudan gyaku-zuki
20. Front foot chudan mae geri, step forward in KKD, block mawashi barai, punch chudan gyaku-zuki