

Hiji-Ate Kata

IMPOTRANT: This kata sequence is intended to be used as a supplement to your normal class instruction. You can not fully understand the form by following this sheet alone.				
Step	Direction	Technique	Stance	Notes
1	On the spot; Arms by your side	Standing Bow (Rei)	Heisoku Dachi	Bend 45° from the waist
2	Right leg to the right	Yoi Position (Double Punch)	Shizen Dachi Heiko	Kiai Point
3	Right leg to front & off centre to RHS	Age Empi Uke Jodan (RH)	Nekoashi Dachi (right foot forward)	Draw back right arm to prepare
4	Step back with right leg	Mawashi Empi Uchi Chudan (LH)	Nekoashi Dachi (left foot forward)	
5	Step forward right leg (feet together)	Transition point	Heisoku Dachi	Right arm across chest, look to your right
6	Step to right side with your right leg	Yoko Empi Uchi Chudan (RH)	Shiko Dachi	Thrusting to solar plexus with the elbow
7	On the spot stance remains same	Mawashi Empi Uchi Chudan (RH)	Shiko Dachi	Reach out with left arm & chamber right arm, strike left hand with right elbow
8	On the spot both feet come together	Age Empi Uchi Jodan (RH)	Heisoku Dachi	Reach up with left arm & chamber right arm, strike left hand with right elbow.
9	On the spot both feet come apart	Otoshi Empi Uchi (RH)	Shiko Dachi	Kiai Point; Drop the body as both feet come apart
10	Right leg towards left leg	Yoi Position (Double Punch)	Shizen Dachi Heiko	Chamber the right arm as you move
11	Left leg to front & off centre to LHS	Age Empi Uke Jodan (LH)	Nekoashi Dachi (left foot forward)	Draw back Left arm to prepare
12	Step back with left leg	Mawashi Empi Uchi Chudan (RH)	Nekoashi Dachi (right foot forward)	
13	Step forward left leg (feet together)	Transition point	Heisoku Dachi	Left arm across chest, look to your left
14	Step to left side with your left leg	Yoko Empi Uchi Chudan (LH)	Shiko Dachi	Thrusting to solar plexus with the elbow
15	On the spot stance remains same	Mawashi Empi Uchi Chudan (LH)	Shiko Dachi	Reach out with right arm & chamber left arm, strike right hand with left elbow
16	On the spot both feet come together	Age Empi Uchi Jodan (LH)	Heisoku Dachi	Reach up with right arm & chamber left arm, strike right hand with left elbow.
17	On the spot both feet come apart	Otoshi Empi Uchi (LH)	Shiko Dachi	Kiai Point; Drop the body as both feet come apart
18	Left leg towards right leg	Yoi Position (Double Punch)	Shizen Dachi Heiko	Chamber the left arm as you move
19	Right leg to the left leg, arms to your side	Standing Bow (Rei)	Heisoku Dachi	Bend 45° from the waist; FINISHED

ISSUED: 10th MAY 2020