

## **Appendix 1**

### **Kata**

Fighting Kata 1

Taikyoku-Sono-Ni (in Ura)

Kata II

Taikyoku-Sono-Ni (3 punches)

Kata III

Taikyoku-Sono-San (in Ura)

Kata IV

Taikyoku-Sono-San (3 blocks)

Kata V

Pinan-Sonolchi (in Ura)

Kata IV

Pinan-Sono-Ni (in Ura)

Jitsushinkai Ibuki Kata

### **Knockdown Fighting**

Sequence 1

Go-Geri (Five kicks)

Mae-Geri-Chudan

Jodan-Mawashi-Geri

Jodan-Ushiro-Mawashi-Geri

Jodan-Mawashi-Geri

Tobi-Jodan-Mawashi-Geri

Sequence 2

Mawashi-Geri-Gedan to inside of thigh

Mawashi-Geri-Gedan to outside of thigh

Tobi-Hiza-Geri

Jodan-Mawashi-Geri followed by axe kick

### **Fighting Combinations for Defence in Street Situations**

1. Block Jodan-Uke, half step Seiken-Ago-Tsuki, Jodan-Mawashi-Hiji-ate
2. Block Kake, strike Shuto-Sakotsu-Uchi, Shuto-Yoko-Uchi
3. If held by attacker with one hand, hold attacker's arm and step in and strike Koken to jaw, ear or temple
4. If attacker swings a punch directed to face, block, then strike Kin-Geri with Sune, followed by Seiken-Ago-Tsuki
5. If two attackers (one in front and one behind you) punch Jodan-Tate-Tsuki and follow up with Chudan-Ushiro-Geri with Kakato