

002-1302: Gekisai Dai Ni

Summary

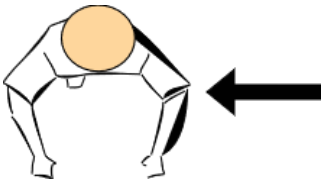
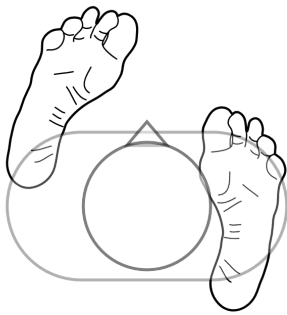
Building from Gekisai Dai Ich, this kata introduces cat stance & changes the pattern slightly.

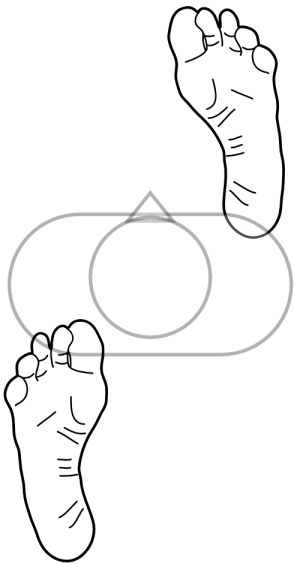
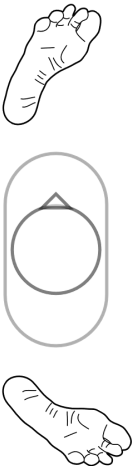
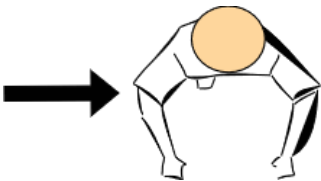
Type	Pattern
Sub-Type	Kata
Introduced at	5th Kyu

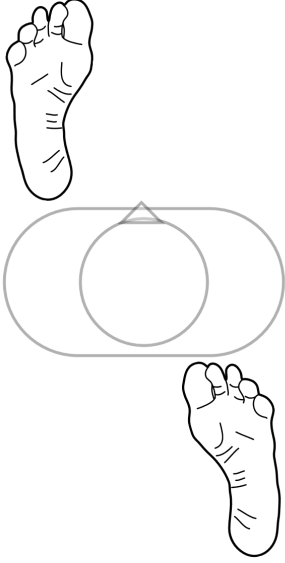
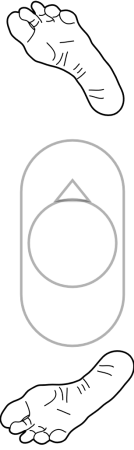
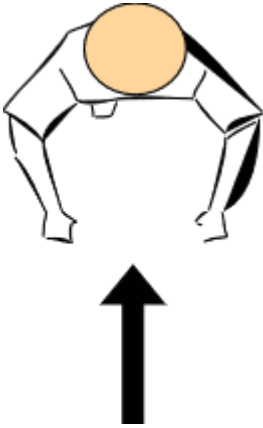
Video

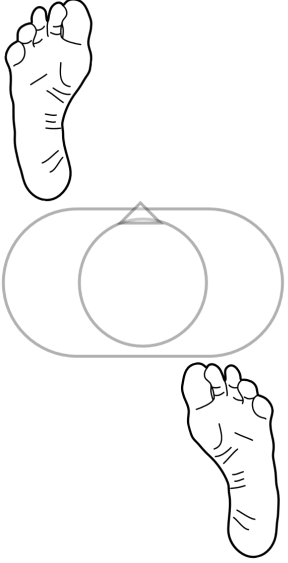
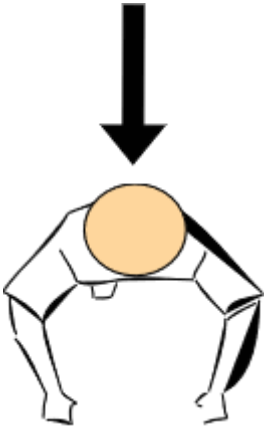
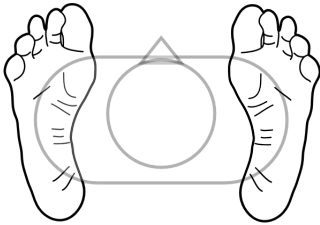
https://www.youtube.com/embed/o-0HgVM_pPY?si=1k5cX_uQEaLcvb2B

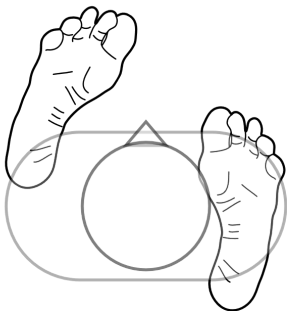
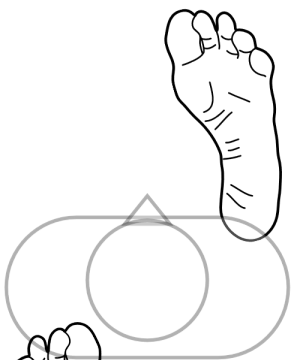
Pattern

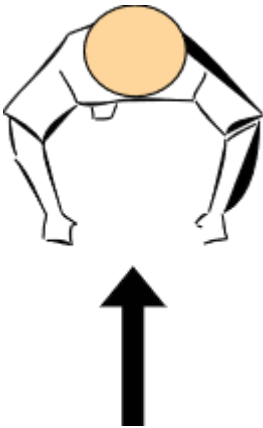
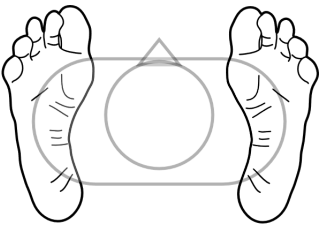
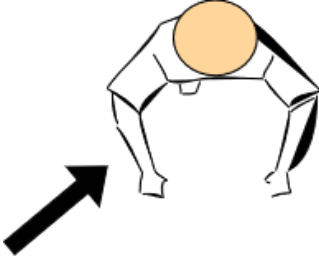
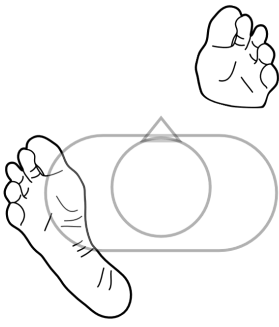
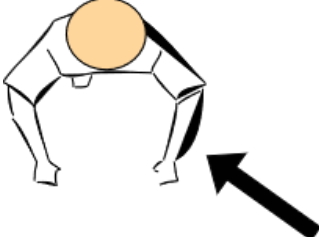
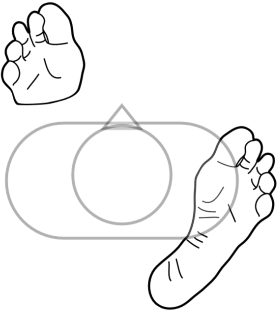
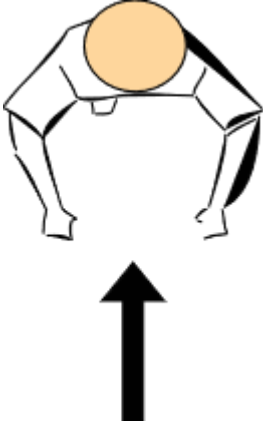
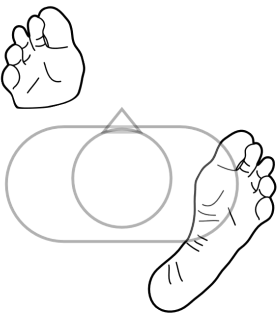
	Enbu-sen	Stance	Technique
1		 L short stance	Eyes: 12 O'Clock Rotating counter clockwise from yoi L Upper Block

	Enbu-sen	Stance	Technique
2	 R 3qtr stance	Eyes: 12 O'Clock Stepping forward from previous R middle punch	
3	 L 90° lower stance	Eyes: 12 O'Clock Front foot steps back L lower block	
1		 R short stance	Eyes: 12 O'clock L foot steps up into short stance, rotating clockwise R upper block

	Enbu-sen	Stance	Technique
2	 L 3qtr stance	Eyes: 12 O'Clock Stepping forward from previous L middle punch	
3	 R 90° lower stance	Eyes: 12 O'Clock Front foot steps back R lower block	
1	 L short stance	Eyes: 12 O'Clock L foot steps up, R foot rotates into short stance L kake uke	

	Enbu-sen	Stance	Technique
2	 R short stance	Eyes: 12 O'Clock Step through R kake uke	
3	 L 3qtr stance	L front kick, land forward in 3qtr stance L front elbow strike, L backfist	
4		L lower block, R reverse middle punch	
5		 Shoulder-width stance facing L of shrine	Eyes: 3 O'Clock R foot sweeps, lands in shoulder width stance facing L of shrine, eyes looking to the rear <u>R outward shuto tsuki</u> <u>(knife hand strike)</u> Ki-ai on bold/underline
1		 L short stance	Eyes: 12 O'Clock L foot steps up, R foot rotates into short stance L kake uke

	Enbu-sen	Stance	Technique
2 _a	 R short stance	Eyes: 12 O'Clock Step forward into short stance R kake uke	
3 _a	 L short stance	Eyes: 12 O'Clock Step back into short stance L kake uke	
4		R front kick, land forward in 3qtr stance R front elbow strike, R backfist	
5	 R 3qtr stance	R lower block, L reverse middle punch	

	Enbu-sen	Stance	Technique
6		 Shoulder-width stance facing R of shrine	Eyes: 9 O'Clock L foot sweeps, lands in shoulder width stance facing R of shrine, eyes looking to the rear <u>L outward shuto tsuki</u> <u>(knife hand strike)</u> Ki-ai on bold/underline
1		 R cat stance	Eyes: 12 O'Clock L foot pulls back into R cat stance L hand parries across from previous count into L mawashi uke
2		 L cat stance	Eyes: 12 O'Clock R foot steps back and shuffles over into L cat stance R mawashi uke
3		 L cat stance	Eyes: 12 O'Clock L foot steps across, R foot moves back to align to front Open hands pull back to hikete, push back out into R mawashi shape

a - Please note: These counts are called quite close to one another, in sort of a 1... 2,3 fashion.

Revision #8

Created 2024-06-02 08:20:21 UTC by Bea Sensei

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