



Oiuchi no Kata (Offensive Set)

The fighting sets were created to teach different principles of combining technique. Each set is performed from fighting stance

Preparation

- attention stance
- bow
- state the name of the set: "Oiuchi no Kata"
- step out with your right leg into natural stance

1. Back Fist Strike with shuffle step
2. Side Snap Kick (front leg)
3. Knife Hand Strike
4. Reverse Punch
5. Front Thrust Kick (rear leg)
6. Round House Kick (rear leg)
7. Reverse Punch
8. Ridge Hand Strike
9. Hook Kick with shuffle step
10. Reverse Punch
11. Hook punch