



Shishu no Kata (Defensive 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: "Shishu no Kata"
 - step out with your right leg into natural stance
-
1. High Block with push step back
 2. Reverse Punch
 3. Down Block with push step back
 4. Reverse Punch
 5. Back Fist Strike with shuffle step
 6. Side Snap Kick (front leg)
 7. Knife Hand Strike
 8. Reverse Punch
 9. Down Block with push step back
 10. Outside Forearm Block with push step back
 11. Back Fist Strike with push step forward
 12. Reverse Punch