

# Newtown Kata Sono Ni

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Following the same pattern as the Taikyoku kata, with most techniques no higher than 7<sup>th</sup> kyu.

1. Turn into left Ko-kutsu-dachi (KKD) with shuto mawashi uke, then slide forward into left (Zen-Kutsu-Dachi) ZKD using the fancy block from Pinan 2 with right hand.
2. Back (right) leg chudan mae geri, pull leg back into KKD (left leg forward) and do left chudan uchi uke.
3. Turn into right KKD with shuto mawashi uke, then slide forward into right ZKD using the fancy block from Pinan 2 with left hand.
4. Back (left) leg chudan mae geri, pull leg back into KKD (right leg forward) and do right chudan uchi uke.
5. ZKD with seiken juji uke
6. Step with right leg into kiba dachi kyuju with right gedan yoko tettsui uchi
7. Back (left leg) jodan mae geri
8. Step forwards with right leg into ZKD, with sanbon-zuki (jodan chudan gedan) with continuous KIAI on all three tsuki.
9. Conventional turn with into ZKD dachi, and left seiken mawashi barai
10. Right jodan soto mawashi geri, step into right kake dachi with right morote uchi uke.
11. Turn back with RIGHT leg into ZKD, with right seiken mawashi barai
12. Left jodan soto mawashi geri, step into left kake dachi with left morote uchi uke.
13. ZKD with seiken juji uke
14. Step with right leg into kiba dachi kyuju with right gedan yoko tettsui chui
15. Back (left leg) jodan mae geri
16. Step forwards with right leg into ZKD, with sanbon-zuki (jodan chudan gedan) and KIAI
17. Turn, KKD, left chudan uchi uke
18. Step forward with right leg into fighting stance, right jodan mawashi hiji uchi, followed by left shita-zuki
19. Step back into kake dachi with right leg, right chudan uchi uke
20. Step forward with left into fighting stance, left jodan mawashi hiji uchi, followed by right shita-zuki.
21. Finish with yoi.