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AIKO Kata Introduction

Ashihara International Karate Kata

The subject of kata in Martial Arts, particularly Full Contact Karate can be a divisive subject. To all out fighters it is often an aspect simply tolerated and adhered to in order to comply with grading requirements.

In other styles of Karate it is all consuming and can often take over the art to the point of detriment. In both instances, these attitudes are incorrect.

In the Ashihara International Style, kata is viewed differently, which will be explained in this section/article.

Kata explanation

Very simply put, kata, a set of pre-arranged sequences made up of attacks and defense techniques, are designed to assist students to learn. Whether these sequences (kata) are designed for single or multiple opponents, they are in general designed to get a singular message across, to move parry and counter any attack.

Kata performed as a person on its own can often be misleading in that it can resemble shadow boxing, but in a more structured manner, in that it is the same fight each time. Practitioners, and indeed Instructors often get into considered and detailed debate regarding the meanings of the movements (Bunkai). While this exists, one cannot argue but that these kata are in them distinct models for controlling the attacks of an opponent with a fixed set of combinations in return, while also including other aspects such as stance, breathing and timing.

Ashihara International kata differs from other kata in that its makeup is designed to engineer a direct core idea to its student. Its foundation is based on movement (Sabaki) which is the core principle or tenet behind the style. Attacks and defenses are based on these movement principles, and try to instill within the student instinctive and natural "reflex" action, based on movement to respond to attacks, not only to complete the kata, but also in a way which is practical and directly useful in either the competitive arena or in self-defense.

In our style there are five Kata types

- 1: Kihon No Kata: Basic kata (2 kata)
- 2: Geiko No Kata: Training kata (4 kata)
- 3: Goshin No Kata: Self-defense kata (2 kata)
- 4: Jissen No Kata: Full Fighting kata (1 kata)

Extention

We also have a separate trainings method called Kumite which is not a Kata but are Movements
5: Kumite movements (8 movements)

All these kata are explained in greater detail in the next pages:

Levels of Kata In Ashihara International Karate

It is important before explaining the different levels of Ashihara Karate, that we understand the principles which lie behind them. Understanding these principles is something which is learned only through time spent with an instructor in class.

These principles are based on types of movement, all the time and within this are continuously elevated levels of other aspects such as distance, timing, control and intent.

The relevant principles within our kata are

A) Nagashi: Using an angular movement from the rear foot which takes you to the outside of an attack by moving the back foot to the rear. Similar to "Tenkan" in Aikido or Ju Jutsu, yet not as deep. Nagashi allows the person being attacked to move off of the line of the attack before concentrating on the block and counter, which is one of the core principles of Ashihara International Karate. Kata using this type encourage the student to move outside of the attack instinctively. To "Avoid and Redirect"

B) Irimi: A movement requiring both feet but it is more angular than Nagashi. The rear foot moves to the inside of the technique with the other foot now creating momentum to envelope the initial attack. Where Nagashi "Avoids and Redirects", Irimi "Avoids and Weaves".

This requires more skill and does involve better understanding of "Sabaki"

Understanding these principles to now look at the kata in the Ashihara International Karate Style and how they are set:

Individual Kata / Kumite essence explanation

1: Kihon No Kata: Basic Kata: (2 kata)

This involves using the principles of Irimi and Nagashi to absorb the attack while disabling and enveloping. This requires greater skill and a better understanding of movement, but this is often reflected by the grade the student is trying to attain.

2: Geiko No Kata (4 kata)

These Kata are based on Full Contact Sparring techniques based on distances. These Kata are simply based on teaching people to fight at different distances.

3: Goshin No Kata (2 kata)

This Kata type differs in that this is a "straight line" kata which could have multiple uke attacking from the same initial position. The attacks are more realistic with hooks and stamps included, leading to a greater emphasis on Focus and Speed.

4: Jissen No Kata (1 kata)

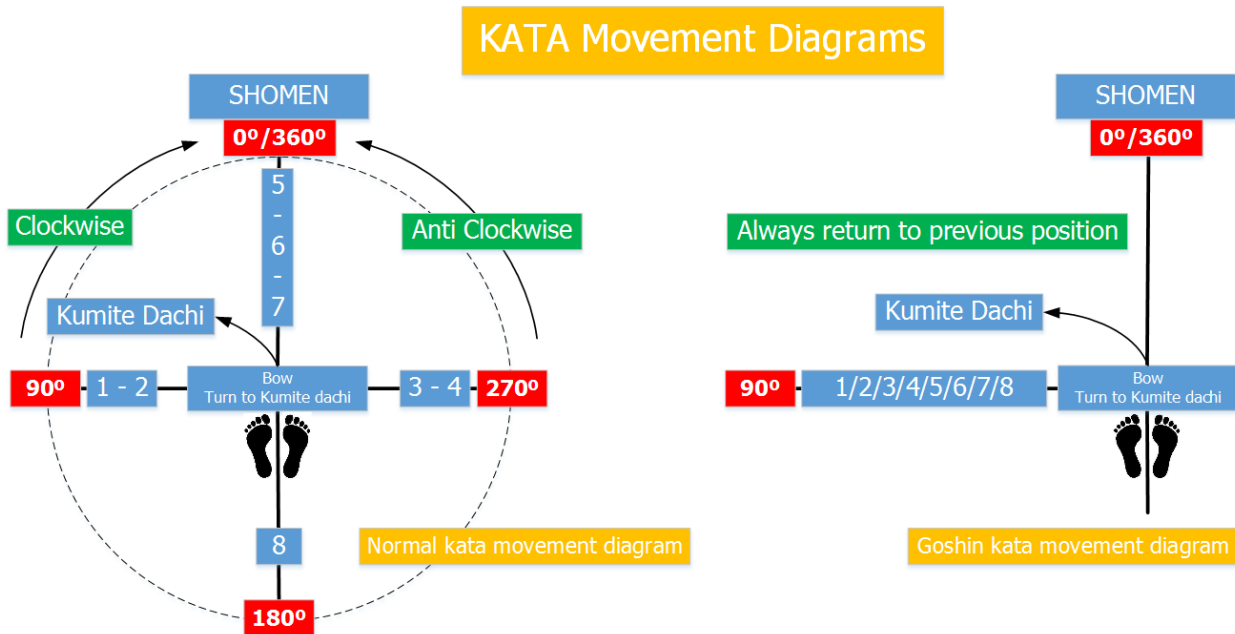
Jissen Kata is more dynamic using combinations of elbows and knee strikes and more detailed punching combinations. Jissen meaning "Extreme Fighting" also includes "finishing techniques" to resemble a more "to the death" Kata.

5: A.I.K.O. Kumite (8 movements)

All students from a beginner taking his first belt to senior grade taking 3rd Dan will perform Kumite 1-8 as part of their grading requirements. This can be also performed as another "straight line" Kata simulating different Kumite or fighting scenarios, but also be performed as single Kumite in different angles and exercises/aspects for different grades.

Technical setup

All kata are using movement, sabaki or attack positions. This small paragraph gives a short overview of movement regarding a certain kata. Tori is the person who performs the techniques, Uke is designated as the trainings partner.



Normal Kata movement (Kihon, Geiko and Jissen kata)

Tori starts by facing towards the Shomen, first movement in every kata is for the defender (Tori) turning towards the attacker (Uke) and assuming the fighting stance (Kumite Dachi).

During the kata Tori can take up different positions within this circle of movement, the positions are dictated by sabaki positions as mentioned within the different kata.

Movement can be done rotating clockwise or anti clockwise, these movement are mentioned as such within the different kata.

End positions are taken up towards Shomen where Tori is facing Shomen and all Uke's are in Kumite Dachi on one knee towards Tori.

Goshin Kata, Kumite movement

Tori starts by facing towards the Shomen, first movement in every kata is for the defender (Tori) turning towards the attacker (Uke) and assuming the fighting stance (Kumite Dachi).

During the course of the kata Tori is returning to the previous position, this effectively means we return to the position the first attack was executed.

End positions are taken up towards Shomen where Tori is facing Shomen and all Uke's are in Kumite Dachi on one knee towards Tori.

For Kumite the prologue is slightly different. The Kata begins facing Shomen in Fudo Dachi moving left into Kumite Dachi, however this is repeated after each Kata movement.

A.I.K.O Grading guideline

Kata performance during examinations

For grading, the student needs to know the requirements regarding the grade they're going for. This means they need to know the kata for the grade, but they also need to know all kata from the passed grading's. For lower Kyu grades, until 6th Kyu, during exams the grading commission can assign a kata to be shown during the grading. Higher Kyu grades have the same requirement, but can be extended to two kata requested on the day of examinations.

For Dan grades the requirement is that they need to know all kata. For a Dan grade two kata should be assigned up front for showing on the exam, also two other kata can be requested during the examinations. These should be disclosed a few hours before the examinations so the student can have a small window to recap the kata.

For all kata and for all students in lower and higher grades it should be known that simply performing the kata by the book is insufficient. The kata needs interpretation and the kata book is a guideline where it is possible to have a different interpretation.

For kata focus must be on the essence of the kata as explained in the part **Individual Kata basics explanation** and in performance, agility, speed and movement.

Tameshiwara during examinations

As an extension on the grading within the A.I.K.O there is Tameshiwara, which is the breaking of planks. These wooden planks preferably should have a dimension (Length, Width and Thickness) of 15cm by 30cm by 1,5cm but this is open to the discretion of the Grading commission. Tameshiwara can be implemented in examinations from 4th Kyu until 3rd Dan. But note that for Kyu grades it is not mandatory to perform Tameshiwara.

4 th Kyu	– Green Belt	– 1 wooden board.
3 rd Kyu	– Green Belt, brown stripe	– 1 wooden board.
2 nd Kyu	– Brown Belt	– 2 wooden boards.
1 st Kyu	– Brown Belt, black stripe	– 2 wooden boards.
1 st Dan	– Black Belt, 1 golden stripe	– 3 wooden boards.
2 nd Dan	– Black Belt, 2 golden stripes	– 4 wooden boards.
3 rd Dan	– Black Belt, 3 golden stripes	– 5 wooden boards.

Sabaki during examinations

During grading, participants can be requested to perform Sabaki. Sabaki is executed in a straight line with multiple attackers (Uke's). The defender (Tori) is asked to show his or hers adaptation / improvisation on un-determent attacks using movement. The attacks are to be given as a single attack (one punch or one kick etc.).

What a grading commission is looking for is Sabaki, Countering or Go No Sen / Sen no Sen / Sen Sen No Sen, where these three terms refer to the different kinds of timing used in dealing with an attacker and Takedowns (Nage Waza).

4 th Kyu	– Green Belt	– 1 minute.
3 rd Kyu	– Green Belt, brown stripe	– 1 minute.
2 nd Kyu	– Brown Belt	– 2 minutes.
1 st Kyu	– Brown Belt, black stripe	– 2 minutes.
1 st Dan	– Black Belt, 1 golden stripe	– 3 minutes.
2 nd Dan	– Black Belt, 2 golden stripes	– 4 minutes.
3 rd Dan	– Black Belt, 3 golden stripes	– 5 minutes.

Closing statement

In Martial Arts there are differing levels of intent, and in Ashihara this kata simply examines intent where the intent of the kata and the technique comes "to the death."

In its simplicity Ashihara International kata is a sum of all its components. Between movement, control, distance, timing and intent we can break the kata into the different aspects, which I can explain to you now.

To learn Ashihara International Karate kata is simply, not something you can learn on your own. To learn it is to feel it. It is to train with your partner (Uke).

It is not like in many traditional Karate styles where in performing kata, there is no opponent.

Be aware that the kata is person-related and there is no law that prescribes how certain techniques/moves should be performed. The kata must be based on the physical properties of tori and attack form of uke and of more importance is the fact that counters should be implemented effectively.

We recommend training at home. Training at home means to the instructor, that he simply re-adjusts, as opposed to teaches. But to the true Budoka, Training at home in kata means that Karate is now part of your life. And that is all that kata should try to achieve.

Osu,



Dave Jonkers Shihan 2016

A.I.K.O.
Ashihara International Karate Organisation
Kata Guide

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9th Kyu (white belt with two blue stripes)

KIHON NO KATA SONO ICHI

Fudo Dachi facing the Shomen

Move to your left into Kumite Dachi

1. Attack: Chudan Gyaku Tsuki

- L Shotei or Soto Uke while making Sabaki to the left
- Jodan Gyaku Tsuki
- Return to previous position

2. Attack: Jodan Gyaku Tsuki

- L Shotei or Soto Uke while making Sabaki to the left
- Jodan Gyaku Tsuki, push with your L hand
- R Jodan Mawashi Geri placing foot down in front
- Rotate to the opposite direction

3. Attack: Chudan Oi Tsuki

- L Gedan Barai while making Sabaki to the right
- Jodan Gyaku Tsuki
- Return to previous position

4. Attack: Jodan Oi Tsuki

- L Jodan Uke making Sabaki to the right and grab with L hand
- Jodan Gyaku Tsuki, Pull your opponent's L arm down with R hand, switching your feet
- L Jodan Mawashi Geri placing foot down facing the Shomen

5. Attack: R Mae Geri

- L Soto Uke or Gyaku Gedan Barai while making Sabaki to the left
- Push your opponent off balance with your L hand
- R Jodan Mawashi Geri placing foot down behind returning to previous position

6. Attack: L Mae Geri

- L Gedan Barai while making Sabaki to the right
- Push your opponent off balance with R hand, switching feet or step forward with R leg
- L Jodan Mawashi Geri placing foot down in front

7. Attack: L Kerikomi Gedan Mawashi Geri

- R Sune Uke
- R/L Mawashi Uke while making Sabaki to the right
- L Mawashi Hiza Geri placing foot down behind
- Pull opponent moving to the opposite direction

8. Attack: R Gedan Mawashi Geri

- L Sune Uke, L/R Mawashi Uke while making Sabaki to the left
- R Gedan Mawashi Hiza Geri placing foot down behind
- Maki Komi Nage
- Push L knee on opponents (neck) body and turn in while making double Gyaku Tsuki
- Return to Kumite Dachi facing the Shomen

Naotte!

8th Kyu (blue belt)

GOSHIN NO KATA SONO ICHI

Fudo Dachi facing the Shomen

Move to your left into Kumite Dachi

1. Uke A: Jodan Gyaku Tsuki

- L Sabaki, Soto Uke, Gyaku Tsuki
- L/R Mawashi Uke, R Gedan Mawashi Hiza Geri, Maki Komi Nage
- R Gedan Kakato Geri
- Return to previous position

2. Uke B: Jodan Oi Tsuki

- R Sabaki, Jodan Uke, Grab L hand, R Gyaku Tsuki, R Hiji Uchi
- R/L Mawashi Uke, L Gedan Mawashi Hiza Geri, Maki Komi Nage
- R Gedan Kakato Geri
- return to previous position

3. Uke A: L/R Chudan Nihon Tsuki

- R/L Shotei or Soto Uke while making Sabaki backwards
- L/R Mawashi Uke, R Chudan Mawashi Hiza Geri, R O Soto Gari
- R Kakato Geri
- Return to previous position

4. Uke B: R Mae Geri

- L Sabaki, R Gyaku Gedan Barai, L hand grab + L Sune Barai
- R Kakato Geri
- Return to previous position

5. Uke A: L Mae Geri

- R Sabaki, L Gedan Barai, R hand grab + R Sune Barai
- R Kakato Geri
- Return to previous position

6. Uke B: R Mawashi Uchi

- L Jodan Uke, L hand grab, R Shita Tsuki, Step back pull down, R Shuto Sakotsu Uchi
- R Uchimomo Geri, pull forwards
- R Kakato Geri
- Return to previous position

7. Uke A: R Gedan Mawashi Geri

- L Sune Uke, L hand grab, R Hiji Uchi, pull back same time R Uchimomo Geri
- R Kakato Geri
- Return to previous position

8. Uke B: L Gedan Mawashi Geri

- R Sune Uke, R/L Mawashi Uke, L Chudan Mawashi Hiza Geri
- L O Soto Gari
- R Kakato Geri
- Place foot down facing the Shomen in Kumite Dachi

Naotte!

Goshin kata should basically be performed in one direction and preferable the attacks come from two Ukes (A and B) !!

7th Kyu (blue belt with one yellow stripe)

KIHON NO KATA SONO NI

Fudo Dachi facing the Shomen

Move to your left into Kumite Dachi

1. Attack: Chudan Gyaku Tsuki

- L Shotei or Soto Uke while making Sabaki to the left
- Jodan Gyaku Tsuki, R Jodan Hiji Uchi
- Return to previous position

2. Attack: Jodan Gyaku Tsuki

- L Shotei or Soto Uke while making Sabaki to the left, grab with L hand
- Jodan Gyaku Tsuki, R Jodan Hiji Uchi
- Push with your L hand
- R Jodan Mawashi Geri placing foot down in front
- Rotate to the opposite direction

3. Attack: Chudan Oi Tsuki

- L Gedan Barai while making Sabaki to the right
- Jodan Gyaku Tsuki, R Jodan Hiji Uchi
- Return to previous position

4. Attack: Jodan Oi Tsuki

- L Jodan Uke while making Sabaki to the right, grab with L hand
- Jodan Gyaku Tsuki, R Jodan Hiji Uchi
- Push your opponent off balance with your R hand, switch feet or step R foot forward
- L Jodan Mawashi Geri placing foot down facing the Shomen

5. Attack: R Mae Geri

- L Shotei Uke or Gyaku Gedan Barai while making Sabaki to the left
- Grab L hand, R Jodan Hiji Uchi
- Push your opponent off balance with your L hand
- R Jodan Mawashi Geri placing foot down behind returning to previous position

6. Attack: L Mae Geri

- L Gedan Barai while making sabaki to the right, grab L hand, R Jodan Hiji Uchi
- Push your opponent off balance with your R hand, switching feet or step R leg forward
- L Jodan Mawashi geri, placing foot down in front

7. Attack: L Kerikomi Gedan Mawashi Geri

- R Sune Uke, grab L hand, R Jodan Hiji Uchi, R/L Mawashi Uke while switching feet
- L Gedan Mawashi Hiza Geri placing foot down behind
- Pull opponent moving to the opposite direction

8. Attack: R Gedan Mawashi Geri

- L Sune Uke, grab L hand, R Jodan Hiji Uchi, L/R Mawashi Uke while stepping to the left
- R Gedan Mawashi Hiza Geri placing foot down behind
- Maki Komi Nage
- Push L knee on opponents (neck) body and turn in making double Gyaku Tsuki
- Return to Kumite Dachi facing the Shomen

Naotte!

6th Kyu (yellow belt)

GEIKO NO KATA SONO ICHI

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: R Mae Geri (placing foot down behind)

- L Shotei Uke or Gyaku Gedan Barai retracting front foot
- R Jodan Gyaku Tsuki extending stance
- R Mawashi Uchi (shortening stance) push your opponent off balance with L hand
- R Jodan Mawashi Geri, return to previous position

2. Attack: R Mae Geri (placing foot down in front)

- L Gedan Barai moving to the right, R/L Chudan Nihon Tsuki
- R Ushiro Geri, rotate to the opposite direction

3. Attack: L Kerikomi Mae Geri (placing foot down in front)

- L Gedan Barai retracting front foot
- Extend stance & grab opponent with L hand
- R Chudan Mawashi Uchi, R Jodan Hiji Uchi and grab with R hand
- R Sune Barai, push left knee on opponents body, grab L arm and turn in while making double Gyaku Tsuki, return to previous position

4. Attack: L Kerikomi Mae Geri (placing foot down in front)

- L Gedan Barai retracting front foot, grab with your R hand, extend stance L foot
- L O Soto Gari, push left knee on opponents body and turn in while making double Gyaku Tsuki moving facing the Shomen

5. Attack: R Jodan Gyaku Tsuki

- L Jodan Shotei Uke retracting front foot, R Chudan Gyaku Tsuki extending stance
- L Jodan Age Uchi, R Sankaku Geri, return to previous position

6. Attack: L Jodan Oi Tsuki

- L Jodan Uke retracting front foot, R Jodan Gyaku Tsuki
- Simultaneously R Gedan Mawashi Geri placing foot down in front
- Pull your opponent off balance with your R hand
- L Jodan Mawashi Geri placing foot down in front, return to previous position

7. Attack: R Jodan Mawashi Geri

- L Kansetsu Geri to opponent's L knee placing foot down in front
- R Jodan Mawashi Geri placing foot down in front
- Rotate to opposite direction

8. Attack: L Kerikomi Jodan Mawashi Geri

- R Jodan Uke & simultaneous R Jigu ashi geri (Slip in Lowkick)
- R/L Mawashi Uke while moving to the right
- L Chudan Mawashi Hiza Geri placing foot down behind
- L Gedan Mawashi Hiza Geri placing foot down behind
- Maki Komi Nage, push left knee on opponents body and turn in while making double Gyaku Tsuki
- Return to Kumite Dachi facing the Shomen

Naotte!

5th Kyu (yellow belt with one green stripe)

GOSHIN NO KATA SONO NI

Fudo Dachi facing the Shomen

Move to your left into Kumite Dachi

1. Uke A: Jodan Gyaku Tsuki

- L Soto Uke, L/R Mawashi Uke, R Hiza Geri
- L hand push, R Jodan Mawashi Geri
- Return to previous position

2. Uke B: Jodan Oi Tsuki

- R Sabaki / Jodan Uke, R Gedan Mawashi Geri
- R/L Mawashi Uke, L Mae Hiza Geri, R hand push, L Jodan Mawashi Geri
- Return to previous position

3. Uke A: L/R Chudan Nihon Tsuki

- R Shotei Uke, L Shotei Uke while doing L Sabaki, L Kansetsu Geri
- R Ushiro Geri
- Return to previous position

4. Uke B: R Mae Geri

- Sabaki Backwards / L Yoko Geri, R Jodan Mawashi Geri
- Return to previous position

5. Uke A: L Mae Geri

- R Sabaki / L Gedan Barai, L Kansetsu
- R Ushiro Mawashi Geri
- Return to previous position

6. Uke B: R Mawashi Uchi

- L Jodan Uke extended stance moving to the left
- L hand grab, R Kakato Geri
- R Jodan Mawashi Geri
- Return to previous position

7. Uke A: R Gedan Mawashi Geri

- L Sune Uke, R Chudan Gyaku Tsuki, foot forward
- L Chudan Mawashi Geri
- Return to previous position

8. Uke B: L Gedan Mawashi Geri

- L Uchi Sune Uke, R leg forward, R/L Mawashi Uke
- L Mawashi Hiza Geri Gedan, Maki komi Nage
- Push left knee on opponents body and turn in while making double Gyaku Tsuki
- Return to Kumite Dachi facing the Shomen

Naotte!

Goshin kata should basically be performed in one direction and preferable the attacks come from two Ukes (A and B)!!

4th Kyu (green belt)

GEIKO NO KATA SONO NI

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: R Gedan Mawashi Geri

- L Sune Uke, R/L Nihon Tsuki, R Gedan Mawashi Geri placing foot down in front
- Push your opponent off balance with your R hand
- L Jodan Mawashi Geri placing foot down in front, R Ushiro Mawashi Geri
- Returning to previous position

2. Attack: R Mae Geri

- L Shotei Uke or Gyaku Gedan Barai retracting front foot
- L/R Mawashi Uke while moving to the left
- R Mawashi Hiza Geri placing foot down behind
- Rotate 45° clockwise pulling your opponent with you
- R Geri Mawashi Hiza placing foot down behind, Maki Komi Nage
- Rotate to opposite direction

3. Attack: L Kerikomi Gedan Mawashi Geri

- L or R Sune Uke, R/L Nihon Tsuki, R Gedan Mawashi Geri placing foot down in front
- Push your opponent off balance with your R hand
- L Jodan Mawashi Geri placing foot down in front
- R Ushiro Mawashi Geri returning previous position

4. Attack: L Kerikomi Mae Geri (placing foot down in front in a long stance)

- L Gedan Barai retracting front foot, R/L Mawashi Uke moving to the right
- L Chudan Mawashi Hiza Geri, L Gedan Mawashi Hiza Geri placing foot down
- Maki Komi Nage
- Facing the Shomen

5. Attack: R Jodan Mawashi Geri

- L Kansetsu Geri to opponent's L knee placing foot down in front
- L Kerikomi Kake Geri, return to previous position

6. Attack: L Kerikomi Mae Geri (placing foot down in front in a long stance)

- L Gedan Barai making Sabaki to the right
- L Kansetsu Geri to opponent's L knee placing foot down in front
- R (Tobi) Ushiro Geri returning to previous position

7. Attack: L Kerikomi Jodan Mawashi Geri

- L Jodan Juji Uke while moving L, push Leg down in front
- L Uchi Momo Geri, R Gyaku Tsuki, L Mawashi Geri
- Turn to opposite direction

8. Attack: R Jodan Mawashi Geri

- R Jodan Juji Uke while moving R, push leg down in front
- R Uchi Momo Geri, L Shita Tsuki, R Oi Tsuki
- L Mawashi Geri placing foot down behind
- Return to Kumite Dachi facing the Shomen

Naotte!

3rd Kyu (green belt with one brown stripe)

GEIKO NO KATA SONO SAN

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: R Chudan Mawashi Geri

- L Uchi Sune Uke, L/R Mawashi Uke making Sabaki to the left
- R Mawashi Hiza Geri placing foot down behind
- R O Soto Gari return to previous position

2. Attack: R Mae Geri (placing foot down in front)

- L Shotei Uke or Gyaku Gedan Barai retracting front foot
- Moving to opponent's back, pulling his arm R down with your L hand, R hand up under opponent's chin, L Mawashi Hiza Geri placing foot down behind
- Ura Nage rotating to the opposite direction

3. Attack: L Kerikomi Chudan Mawashi Geri

- L or R Sune Uke, R/L Mawashi Uke switching feet and rotate anticlockwise
- L Mawashi Hiza Geri placing foot down behind, L O Soto Gari
- Return to previous position

4. Attack: L Kerikomi Mae Geri (placing foot down in front in a long stance)

- L Gedan Barai retracting front foot
- Moving to opponent's back, pulling your his L arm down with your R hand, L hand up under opponent's chin, R Mawashi Geri placing foot down behind
- Ura Nage rotating clockwise, facing the Shomen

5. Attack: R Jodan Mawashi Geri

- R Jodan Juji Uke retracting front foot
- Spring forward rotating clockwise behind your opponent, hook L hand up under opponent's chin, R Mawashi Hiza Geri placing foot down behind
- Ura Nage rotating clockwise into previous position

6. Attack: L Jodan Mawashi Geri

- L Jodan Juji Uke retracting front foot
- Spring forward rotating anti clockwise behind your opponent, hook R hand up under opponent's chin, L Mawashi Hiza Geri placing foot down behind
- Ura Nage rotating anti clockwise into previous position

7. Attack: L Kerikomi Mae Geri

- L Gedan Barai sliding back
- R Gedan Mawashi Geri, R/L Mawashi Uke rotate anticlockwise
- L Mawashi Hiza Geri placing foot down behind, rotate anticlockwise pulling your opponent with you
- R Hiji Uchi to the back of your opponent neck

8. Attack: L Kerikomi Mae Geri

- R Gyaku Gedan Barai sliding back
- L Gedan Mawashi Geri, L/R Mawashi Uke rotate clockwise
- R Mawashi Hiza Geri placing foot down behind
- R O Soto Gari, Double Gyaku Tsuki
- Return to Kumite Dachi facing the Shomen

Naotte!

2nd Kyu (brown belt)

GEIKO NO KATA SONO YON

Fudo Dachi facing the Shomen

Move to your left into Kumite Dachi

1. Attack: Chudan Gyaku Tsuki

- L Chudan Shotei Uke making Sabaki to the left, grabbing your opponent's R arm with your L hand, Gyaku Jodan Tsuki
- R Jodan Hiji Uchi pulling your opponent towards you
- Return to previous position

2. Attack: R Mae Geri & Jodan Gyaku Tsuki

- Gyaku Gedan Barai retracting front foot
- L Shotei Uke making Sabaki to the left, R Hiji Uchi
- Jodan Gyaku Tsuki, push your opponent off balance with your L hand
- R Jodan Mawashi Geri placing foot down in front and move to the opposite direction

3. Attack: Chudan Oi Tsuki

- L Gedan Barai making Sabaki to the right, grabbing your opponent's L arm with your L hand, Jodan Gyaku Tsuki
- Pulling your opponent towards you, R Jodan Hiji Uchi
- Return to previous position

4. Attack: L Kerikomi Mae Geri & Jodan Oi Tsuki

- L Gedan Barai, L Jodan Uke making Sabaki to the right, R Hiji Uchi
- Jodan Gyaku Tsuki pull your opponent's L arm down with your R hand while switching feet
- L Jodan Mawashi Geri, return to position facing the Shomen

5. Attack: R Mae Geri (placing foot down in front)

- L Shotei Uke making Sabaki to the left, then grab opponent's R arm with your L hand
- R Jodan Hiji Uchi, push opponent off balance with your L hand
- R Gedan Mawashi Geri placing foot down behind returning to previous position

6. Attack: L Kerikomi Mae Geri

- L Gedan Barai making Sabaki to the right, then grab opponent's L arm with your L hand
- R Jodan Hiji Uchi, push opponent off balance with R hand
- L Kerikomi Gedan Mawashi Geri placing foot down in front
- Returning to previous position

7. Attack: L Kerikomi Jodan Mawashi Geri

- L Jodan Juji Uke, R Jodan Hiji Uchi, R/L Mawashi Uke
- L Hiza Geri placing foot down behind, Maki Komi Nage
- Rotating to the opposite direction

8. Attack: R Jodan Gyaku Tsuki

- Move body left out of attack line while simultaneously L/R Mawashi Uke rotating clockwise
- R Mawashi Hiza Geri placing foot down behind
- R Uchi Momo Geri placing foot down behind
- R Oroshi Hiji Uchi, return to Kumite Dachi facing the Shomen

Naotte!

1st Kyu (brown belt with one black stripe)

JISSEN NO KATA SONO ICHI

Fudo Dachi facing the Shomen

Move to your left into Kumite Dachi

1. Attack: Chudan Gyaku Tsuki

- L Soto Uke while making Sabaki to the left
- L hand grab opponent's R shoulder and pull in
- R Hiji Uchi, L hand push, R Jodan Mawashi Geri

2. Attack: Jodan Gyaku Tsuki

- L Jodan Soto Uke while making Sabaki to the left
- L hand grab opponent's R shoulder and pull in
- R Hiza Geri, L hand push, R Jodan Mawashi Geri
- Step down in front and turn the opposite direction

3. Attack: Chudan Oi Tsuki

- L Gedan Barai while making Sabaki to the right
- L hand grab opponents L shoulder and pull in
- R Hiji Uchi, switch feet, L Jodan Mawashi Geri
- Return to previous position

4. Attack: L Jodan Oi Tsuki

- L Shuto Uke while making Sabaki to the right
- L hand grab opponent's L shoulder and pull in
- R Hiji Uchi, switch feet, R/L Mawashi Uke
- L Hiza Geri, R hand push, L Jodan Mawashi Geri
- Placing foot down facing the Shomen

5. Attack: R Mae Geri

- L Soto Uke, while moving backwards
- L hand push opponent's R hand away while moving L leg forward
- R Age Uchi, L Mawashi Uchi, Gyaku Tsuki
- L Chudan Mawashi Geri, return to previous position

6. Attack: L Mae Geri

- L Gedan Barai while making Sabaki to the right
- R Mawashi Uchi, L Mawashi Uchi, Gyaku Tsuki
- R Gedan Mawashi Geri, return to previous position

7. Attack: L Chudan Mawashi Geri

- R Sune Kote Uke, R hand grab opponent's L shoulder and push
- R Gedan Mawashi Geri, L Gedan Mawashi Hiza Geri
- Maki Komi Nage, return to opposite direction

8. Attack: R Chudan Mawashi Geri

- L Sune Kote Uke, L/R Mawashi Uke, R Gedan Mawashi Hiza Geri
- Turn to the Shomen and push opponent's R shoulder down
- Gyaku Tsuki, pull opponent in, R Hiji Oroshi
- Return to Kumite Dachi

Naotte!

AIKO - Ashihara International Karate Organisation

A.I.K.O. KUMITE (For all Grades)

Kumite movements are performed as individual movements so these movements are not a kata. Skill level needed is from Low in the first too High for the last.

Start every Kumite movement by facing the Shomen in Fudo Dachi

Move to left into Kumite Dachi. After each Kumite movement return from Kumite Dachi to Fudo Dachi facing the Shomen.

1. Attack: L/R Chudan Nihon Tsuki

- Sabaki Backwards, R Gedan Barai, L Gedan Barai, Chudan Gyaku Tsuki, Chudan Oi Tsuki, R Gedan Mawashi Geri, L Jodan Mawashi Geri

Naotte!

2. Attack: Oi Tsuki Jodan, R Mae Geri.

- Sabaki backwards, R Shotei Uke simultaneously L Gedan barai, R Gedan Mawashi Geri, R/L Mawashi Uke turn 180 degrees anti-clockwise, L Hiza Mawashi Geri, Maki komi Nage, R Gedan Tsuki

Naotte!

3. Attack: L/R Jodan Nihon tsuki

- Sabaki backwards R Shotei Uke, Sabaki L simultaneously L Shotei Uke, L/R Mawashi Uke turn 90 degrees clockwise, R Hiza Mawashi Geri, R O Soto Gari, R Gedan Tsuki

Naotte!

4. Attack: R Jodan Mawashi Geri

- Sabaki to the right, R Jodan Juji Uke, L Gedan Mawashi Geri, L/R Mawashi Uke turn 180 degrees clockwise, R Hiza Mawashi Geri, push opponent with L hand, R Mawashi Geri

Naotte!

5. Attack: Oi Tsuki, R Gedan Mawashi Geri.

- Sabaki backwards simultaneously R Shotei Uke, R or L Sune Uke, L/R Nihon Tsuki, L Uchi Momo Geri, R Ushihiro Geri

Naotte!

6. Attack: Oi tsuki, R Mawashi Uchi Jodan

- R Shotei Uke, L Jodan Uke, R Shita Tsuki, R Jodan Hiji Uchi, L/R Mawashi Uke turn 180 degrees clockwise, R Mawashi Hiza Geri, push opponent down, R Shuto Sakotsu Uchi, R Hiji Oroshi Uchi

Naotte!

7. Attack: Gyaku Tsuki, L Jodan Mawashi Geri

- Sabaki backwards simultaneously L Shotei Uke, L Jodan Juji Uke, R Gedan Mawashi Geri, R/L Mawashi Uke turning 180 degrees anti-clockwise, L Hiza Geri, push opponent backwards making L Jodan Mawashi Geri, R Ushiro Mawashi Geri

Naotte!

8. Attack: R Ushiro Geri

- Step L foot forward simultaneously L hand grabbing opponents R shoulder and turning 180 degrees clockwise moving with the attack, L/R Mawashi Uke, R Hiza Geri, turning 180 degrees clockwise, R Hiza Geri, R O Soto Gari, pull opponents head on your L thigh while moving in Kiba Dachi, R Hiji Oroshi

Naotte!