

FAMILY MARTIAL ARTS CENTER

STUDENT TRAINING MANUAL

by James W. Saemann
Master Instructor

1st Degree through 2nd Degree Black Belt

12th Edition

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A Letter from Your Master Instructor

Dear Students and Parents:

The purpose of this manual is to assist you in preparing for your 2nd Degree Black Belt Test. It includes descriptions of your new self defense, one step, and weapon techniques, the 2nd Degree Taekwondo Black Belt form Keum Gang, and the Japanese forms (katas) needed to attain 2nd Dan in Karate.

As you will learn over the next two to three years, the 2nd Degree Black Belt program is very demanding. You will learn a completely new system on your way to 2nd Degree. Techniques such as defense against nunchuks, guns, and staffs, defense using a staff, staff forms, 360o spinning kicks, etc. You will have the opportunity to design your own breaking techniques, but will also be required to perform breaks more difficult and impressive than ever before. At the conclusion of this program, you will be a certified 2nd Dan in Taekwondo and Shotokan Karate.

An important part of becoming a 2nd Degree Black Belt is assisting your instructors in class. You will be called upon to warm up classes, supervise small groups, and generally set a good example for our lower belt students. I hope all of you will discover the value of "learning through teaching".

Thank you for helping make AFMAC a place where students work hard but have fun at the same time. You are part of an exclusive club now -- the Black Belt Club. For every 100 students who start training in the martial arts, probably only 10 of them will ever make it to Black Belt. Out of that 10, only 5 will usually continue training, and 1 will make it to 2nd Dan. It takes a rare individual to stick with it. You have a great opportunity to learn the most advanced techniques and philosophies the martial arts have to offer. Work hard, do your best, and you will meet your goals. If there is ever anything I can do to help you, please come by my office any time. The door is always open.

Sincerely,

**Master James W. Saemann
Director
Family Martial Arts Center**

ENGLISH

Martial Arts Student/Apprentice
Assistant Instructor
Instructor
Assistant Master
Master
Grandmaster
Dan Holder (Black Belt)
Gup Holder (Color Belt)
Beginner (No Belt)
Martial Arts School
Attention
Bow
To the Flag
Relax, at ease
Ready
As you Were
Yell
Begin, Stop
Meditation
Switch Feet
About Face
Sparring, Forms
Strike
Falling, Blocking
Kick, Throw
Tenets
Courtesy, Integrity
Perseverance
Indomitable Spirit
Breaking
Knife
Sword, Test
Low, Middle, High
Attack
Chivalry, Way of Knighthood
Martial Artist, Knight
Way of Martial Arts
Self Defense
Tiger Mouth Strike

KOREAN

Je Ja
Cho Kyo
Kyo Sa
Cho Sabum
Sabum Nim
Kwan Jang Nim
Yudanja
Yugupja
Moogupja
Do Jang
Charyut
Kunyay
Kukki-yeh
She-yot
Chunbee
Ba Ro
Kihap
Sichak, Kuman
Bansong
Bal Kyodae
Diro Dora
Kyurugi, Poomsae
Chiggi or Chiroogi
nak Bup, Makki
Chuggi, Mechiggi
Jung Shin
Yeh Ui, Yom Chi
In nae
Baek Jul Bul Gul
Kyuk Pa
Nal
Gum, Shim Sa
Arae, Momtong, Ulgool
Kong Kyuk
Moo Do
Moo Sa
Moo Sa Do
Ho Shin Sul
Agum Son Chiggi

JAPANESE

Deshi
Jo Kyo
Kyoshi
Jo Sensei
Sensei
Shihan
Yudansha
Yukyusha
Shirodo
Do Jo
Gioske
Rei
Kooki Rei
Yasume
Yoi
Yame
Kiai
Hajime, Mate
Hansei
Soku Kodai
Ushironi Mawari
Kumite, Kata
Zuki
Ukemi, Uke
Geri, Nagewaza
Zanshin
Reigi, Renchi
Nintai
Hyaku Setsu Fukutsu
Gekihajutsu
To
Ken, Shiken
Gedan, Chudan, Jodan
Tsuke Te
Budo
Bushi
Bushido
Goshinjutsu

ENGLISH**KOREAN****JAPANESE**

Stance	Seogi	Dachi
Hitting	Jiroogi	
Thrusting, Stabbing	Chiroogi	Zuki
Punching	Chiggi	Zuke
Riding Horse Stance	Joochoom Seogi	Kiba Dachi
Walking Stance	Ahp Seogi	Aroku Dachi
Tiger Stance	Beom Seogi	Nekoa Dachi
Front Stance	Chun Gul Seogi	Zenkutsu Dachi
Back Stance	Hoo Gul Seogi	Kokutsu Dachi
Front Snap Kick	Up Chuggi	Mae Geri
Front Thrust Kick	Up Budo Chuggi	Mae Geri
Side Kick	Yup Chuggi	Yoko Geri
Roundhouse Kick	Doleyo Chuggi	Mawashi Geri
Side Hook Kick	Yup Wholeggi	Yoko Mawashi Geri
Any Jumping or Flying Kick	Edan ... Chuggi	Nidan ... Geri
Any Back Kick	Di ... Chuggi	Ushiro ... Geri
Back Thrust Kick	Di Budo Chuggi	Ushiro Geri
Inside, Outside	Ahn, Bakka	
Knife Hand	Son Nal	Shoto
Hand	Son	Te
Palm	Batan Son	Teno hira
Fist	Chumok	Kobushi
Wrist	Palmok	Tekuri
Elbow	Pal Kup	Hiji
Leg	Dari	Ashi
Foot	Bal	Soku
Instep	Baldeung	Ashinosae
Knee	Morroop	Hiza
Counting 1-5	Hanna, Dul, Set, Net Dasut	Ichi, Ni, San, Shi, Go
Counting 6-10	Yosut, Ilgop, Yodul, Ahope, Yule	Roku, Sichi, hachi, Ku Ju
20, 30, 40, 50	Sumul, Sulhan, Mahun, Shin	Niju, Sanju, Yanju, Goju
60, 70, 80	Yesun, Ilhun, Yodun	Rokuju, Sichiju, Hachiju
90, 100	Ahun, Ilbaek	Kuju, Hyaku
11, 12	Yul Hanna, Yul Dul	Ju Ichi, Ju Ni
21, 22	Sumul Hanna, Sumul Dul	Niju Ichi, Niju Ni
First through Fifth	Il or Cho, Ee, Sahm, Sah, Oh	Sho, Ni, San, Yo, Go
Sixth through Tenth	Yuk, Chil, Pal, Koo, Ship	Roku, Sichi, Hachi, Ku, Ju
Spear Hand Strike	Gwansoo Chiggi	
Scissor Block	Gawee Makki	
Hook or Roundhouse Punch	Doleyo Chiggi	Mawashi Zuke
Train with a Closed Mouth	Tae Sun Moo Ahn	

SELF DEFENSE TECHNIQUES

11. Attack: Full Nelson.
Defense: Bend down and step behind opponent. Take down w/elbow to groin.
12. Attack: Front Grab.
Defense: Swipe eyes, grab hair pulling face to knee, kick groin, hair throw.
13. Attack: Front Grab
Defense: Strike ears, break hold, bearhug and lift, groin smash with knee.
14. Attack: Bearhug, interlocked fingers, arms not held.
Defense: Bend back finger, step to outside, shock wrist, kick.
15. Attack: Single Lapel Grab.
Defense: Turn over wrist, elbow shock, takedown, knee to elbow joint, lock arm.
16. Attack: Bearhug, hand-to-wrist, arms not held.
Defense: Compress wrist/forearm, roll forward.
17. Attack: Overhead Knife Chop.
Defense: Double cross high knife block, twist arm, compress wrist/forearm, flip.
18. Attack: Bearhug, arms held. (Adults use Children's technique #6)
Defense: Children's version -- Bend Knees, Side Kick to knee, shin stomp, break hold, double elbow, leg takedown, groin stomp.
19. Attack: Spear Hand.
Defense: Turn, grab hand and pull. Turn 180o twisting wrist, throw.
20. Attack: Sleeper hold.
Defense: Drop to horse stance and throw.

ONE-STEP PUNCH SPARRING

11. Attack: High Punch
Defense: Step forward, inside block, tiger mouth to neck, spin, elbow, head throw.
12. Attack: High Punch
Defense: Fireman's carry
13. Attack: High Punch
Defense: Inside Block, turn in, spinning back elbow, eagle claw to groin, back knuckle to face, reverse hip throw
14. Attack: High Punch
Defense: Jumping back outside kick, reverse roundhouse kick
15. Attack: High Punch
Defense: Tornado Kick, jumping back outside kick, low back hook sweep.

ONE-STEP SPARRING USING STAFF

1. Attack: High Punch.
Defense: Step 45o to outside, inside block with staff, strike chest, sweep and strike.
2. Attack: High Punch.
Defense: Step 45o to inside, inside block with staff, strike ribs, spin, strike groin, sweep, strike.
3. Attack: High Punch.
Defense: Spin, inside block with staff, backward staff thrust to chest, knee smash.
4. Attack: Kick/Punch, grab staff.
Defense: Low/High block, sacrifice throw.

ONE-STEP NUNCHUK SPARRING

1. Attack: Swing at head.
Defense: Low back hook kick sweep, low snap kick, tumble away.
2. Attack: 45 degree strike
Defense: Step back, jumping side thrust kick to ribs.

SELF DEFENSE vs. GUN

1. Attack: Gun pointed at chest.
Defense: Step to outside, block/weave, takedown, reverse arm bar.
2. Attack: Gun pointed at temple.
Defense: High block/solar plexus strike, takedown, knee to elbow joint.

BLACK BELT INTERMEDIATE LEVEL MEANINGS

The growth of the Black Belt from 1st Degree to 2nd Degree can be compared to that of a tree. There are four distinct seasons of the year, each with their own weather characteristics and purposes. The tree also has four stages of growth that correspond to the seasonal changes in weather. It is the student's responsibility to understand the conceptual meaning behind the stated meanings of each rank level.

SPRING LEVEL: Heavy rainfall and warm sunshine combine to make the new tree begin to grow. Leaves appear as the bark grows smooth but impenetrable, protecting the growing heart of the tree.

SUMMER LEVEL: The tree digs its roots deeper into the earth, while bearing fruit for all to see. It provides shelter and nutrition for many.

AUTUMN LEVEL: The tree has grown strong, and is ready for harvest. The golden leaves and mature fruit drop to the ground, making room for more growth.

WINTER LEVEL: In winter, the ground hardens, protecting the tree's root system and providing a place for the fruits to yield their seeds. Preparation for new growth is nearly complete.

2nd DAN: The 2nd Degree Black Belt has completed an advanced cycle of training. He attains a level of physical skill that once seemed impossible. He begins to research other martial arts and philosophies, in order to become a more complete human being. Much of his time is spent helping others advance in the martial arts. He deeply values the bond he has formed with his students. He grows in creativity and responsibility in preparation for advancement to the assistant master level.

BO KATA

1. Attention. Step to left and come back to attention. Bow.
2. 540 deg. rotate upward, grabbing underneath w/left hand. Riding Horse stance, left hand on top, right hand on bottom (similar to push block). Step back w/ Left foot into Right Front stance, high block.
3. Left Front Snap Kick, land in L Back Stance. (R hand up, L hand down)
4. Step fwd. w/ R leg into R Zen Kut Stance. R knee strike (leg block). Temple strike, front snap strike from Riding Horse Stance with Right Leg forward. R inside block as you pull back leg to walking stance. Turn 180 degrees to Left and switch hands.
5. Step back with Right leg into Left Front Stance. High Block.
6. Right Front Snap Kick, land in R Back Stance. (L hand up, R hand down)
7. Step fwd. w/ L leg into L Zen Kut Stance. L knee strike (leg block). Temple strike, front snap strike from Riding Horse Stance with Left Leg forward. L inside block as you pull back leg to walking stance. Turn 135 degrees to Right and switch hands.
8. Left Kokut Stance, Left knee strike. Left low snap strike to top of foot. (Left hand down, Right hand up) Turn 90 degrees to Right and switch hands.
9. Pull Right leg in and step forward with Right leg into Right Kokut Stance. Right knee strike. Right low snap strike to top of foot. (Right hand down, Left hand up)
10. Turn to front. Drop Right leg back to walking stance Left leg forward. Left inside block. Left leg drop back to knee, Right leg forward. Left side strike. Get up, pull Right leg back to knee, Left leg forward. Right side strike.
11. Get up. Step forward with Right leg. Twist block with right hand on bottom. Overhead strike/tuck under Left hand. (back stance) Twist block, pick up Right leg, Right low double side strike, overhead strike tuck under Left arm, Left/Right temple strike, groin/top of head, Left/Right side strike.
12. Step with Left leg. Modified push block w/ Left hand on top. Back to attention position. Bow.

Poomsae Keum Gang

Num	Face	Technique	Stance	Turn	
1.	N	Dbl. Cross Outside Block	L Front	-----	
2.	N	R Palm Strike	R Front	-----	
3.	N	L Palm Strike	L Front	-----	
4.	N	R Palm Strike	R Front	-----	
5.	N	L Knife Neck Attack	L Back	Step Back	
6.	N	R Knife Neck Attack	R Back	Step Back	
7.	N	L Knife Neck Attack	L Back	Step Back	
8.	N	L Low - R High Block	R Crane	Lift L Foot	
9.	N	R Chest Block	Riding Horse	Move L Foot	
10.	N	Spin - R Chest Block	Riding Horse	360 L	
11.	W	Mountain Block	Riding Horse	90 L	KIHAP!
12.	E	Dbl. Cross Outside Block.	Riding Horse	180 R	
13.	E	Dbl. Low Outside Block	Natural	Slide L Foot	
14.	W	Mountain Block	Riding Horse	180 R	
15.	N	R Low - L High Block	L Crane	Lift R Foot	
16.	N	L Chest Block	Riding Horse	Move R Foot	
17.	N	Spin - L Chest Block	Riding Horse	360 R	
18.	N	R Low - L High Block	L Crane	Lift R Foot	
19.	N	L Chest Block	Riding Horse	Move R Foot	
20.	N	Spin - L Chest Block	Riding Horse	360 R	
21.	E	Mountain Block	Riding Horse	90 R	KIHAP!
22.	W	Dbl. Cross Outside Block.	Riding Horse	180 L	
23.	W	Dbl. Low Outside Block	Natural	Slide R Foot	
24.	E	Mountain Block	Riding Horse	180 L	
25.	N	L Low - R High Block	R Crane	Lift L Foot	
26.	N	R Chest Block	Riding Horse	Move L Foot	
27.	N	Spin - R Chest Block	Riding Horse	360 L	

Kata Taekokyo Sho Dan

Num	Face	Technique	Stance	Turn	
1.	W	L Low Block	L Front	90 L	
2.	W	R Middle Punch	R Front	-----	
3.	E	R Low Block	R Front	180 R	
4.	E	L Middle Punch	L Front	-----	
5.	N	L Low Block	L Front	90 L	
6.	N	R Middle Punch	R Front	-----	
7.	N	L Middle Punch	L Front	-----	
8.	N	R Middle Punch	R Front	-----	KIAI!
9.	E	L Low Block	L Front	270 L	
10.	E	R Middle Punch	R Front	-----	
11.	W	R Low Block	R Front	180 R	
12.	W	L Middle Punch	L Front	-----	
13.	S	L Low Block	L Front	90 L	
14.	S	R Middle Punch	R Front	-----	
15.	S	L Middle Punch	L Front	-----	
16.	S	R Middle Punch	R Front	-----	KIAI!
17.	W	L Low Block	L Front	270 L	
18.	W	R Middle Punch	R Front	-----	
19.	E	R Low Block	R Front	180 R	
20.	E	L Middle Punch	L Front	-----	

Kata Taekokyo Ni Dan

Num	Face	Technique	Stance	Turn	
1.	W	L Low Block	L Front	90 L	
2.	W	R High Punch	R Front	-----	
3.	E	R Low Block	R Front	180 R	
4.	E	L High Punch	L Front	-----	
5.	N	L Low Block	L Front	90 L	
6.	N	R High Block	R Front	-----	
7.	N	L High Block	L Front	-----	
8.	N	R High Block	R Front	-----	KIAI!
9.	E	L Low Block	L Front	270 L	
10.	E	R High Punch	R Front	-----	
11.	W	R Low Block	R Front	180 R	
12.	W	L High Punch	L Front	-----	
13.	S	L Low Block	L Front	90 L	
14.	S	R High Block	R Front	-----	
15.	S	L High Block	L Front	-----	
16.	S	R High Block	R Front	-----	KIAI!
17.	W	L Low Block	L Front	270 L	
18.	W	R High Punch	R Front	-----	
19.	E	R Low Block	R Front	180 R	
20.	E	L High Punch	L Front	-----	

Kata Taekokyo San Dan

Num	Face	Technique	Stance	Turn	
1.	W	L Outside Block	L Back	90 L	
2.	W	R Middle Punch	R Front	-----	
3.	E	R Outside Block	R Back	180 R	
4.	E	L Middle Punch	L Front	-----	
5.	N	L Low Block	L Front	90 L	
6.	N	R Side Punch	R Horse	-----	
7.	N	L Side Punch	L Horse	-----	
8.	N	R Side Punch	R Horse	-----	KIAI!
9.	E	L Outside Block	L Back	270 L	
10.	E	R Middle Punch	R Front	-----	
11.	W	R Outside Block	R Back	180 R	
12.	W	L Middle Punch	L Front	-----	
13.	S	L Low Block	L Front	90 L	
14.	S	R Side Punch	R Horse	-----	
15.	S	L Side Punch	L Horse	-----	
16.	S	R Side Punch	R Horse	-----	KIAI!
17.	W	L Outside Block	L Back	270 L	
18.	W	R Middle Punch	R Front	-----	
19.	E	R Outside Block	R Back	180 R	
20.	E	L Middle Punch	L Front	-----	

Kata Heian Sho Dan

Num	Face	Technique	Stance	Turn	
1.	W	L Low Block	L Front	90 L	
2.	W	R Middle Punch	R Front	-----	
3.	E	R Low Block	R Front	180 R	
4.	E	R Hammer Fist	Natural	Pull Back	
5.	E	L Middle Punch	L Front	-----	
6.	N	L Low Block	L Front	90 L	
7.	N	High Knife Blk.	L Front	NO STEP	
8.	N	R High Block	L Front	-----	
9.	N	L High Block	R Front	-----	
10.	N	R High Block	L Front	-----	KIAI!
11.	E	L Low Block	L Front	270 L	
12.	E	R Middle Punch	R Front	-----	
13.	W	R Low Block	R Front	180 R	
14.	W	L Middle Punch	L Front	-----	
15.	S	L Low Block	L Front	90 L	
16.	S	R Middle Punch	R Front	-----	
17.	S	L Middle Punch	L Front	-----	
18.	S	R Middle Punch	R Front	-----	KIAI!
19.	W	L Low Knife Block	L Back	270 L	
20.	NW	R Low Knife Block	R Back	45 R	
21.	E	R Low Knife Block	R Back	135 R	
22.	NE	L Low Knife Block	L Back	45 L	

Kata Heian Ni Dan

Num	Face	Technique	Stance	Turn	
1.	W	L Out Blk/R High Blk	L Back	90 L	
2.	W	R Uppercut Punch	L Back	NO STEP	
3.	W	L Side Punch	Horse	-----	
4.	E	R Out Blk/L High Blk	R Back	180 R	
5.	E	L Uppercut Punch	R Back	NO STEP	
6.	E	R Side Punch	Horse	-----	
7.	S	R Side Kick Position	R Leg Up	Step Up	
8.	S/N	R Side Kick-Side Punch/L Knife Blk	L Back	Step Back	
9.	N	R Middle Knife Block	R Back	-----	
10.	N	L Middle Knife Block	L Back	-----	
11.	N	R Spear Hand	R Front	-----	KIAI!
12.	E	L Middle Knife Block	L Back	270 L	
13.	SE	R Middle Knife Block	R Back	45 R	
14.	W	R Middle Knife Block	R Back	135 R	
15.	SW	L Middle Knife Block	L Back	45 L	
16.	S	R Back Knuckle	L Front	45 L	
17.	S	R Front Kick, L Mid Punch	R Front	-----	
18.	S	L Back Knuckle	R Front	NO STEP	
19.	S	L Front Kick, R Mid Punch	L Front	-----	
20.	S	R Dbl. Outside Block	R Front	-----	
21.	W	L Low Blk/High Knife Blk	L Front	270 L	
22.	NW	R High Block	R Front	45 R	
23.	E	R Low Blk/High Knife Blk	R Front	135 R	
24.	NE	L High Block	L Front	45 L	KIAI!

Kata Heian San Dan

Num	Face	Technique	Stance	Turn	
1.	W	L Outside Block	L Back	90 L	
2.	W	R/L Dbl. Scissor Block	Natural	Step Up	
3.	E	R Outside Block	R Back	180 R	
4.	E	L/R Dbl. Scissor Block	Natural	Step Up	
5.	N	L Dbl Outside Blk	L Back	90 L	
6.	N	R Spear Hand	R Front	-----	
7.	N	L Spinning Back Hammer Fist	Horse	360 L	
8.	N	R Middle Punch	R Front	-----	
9.	S	Pulling Fists in/Rise-Fall	Natural	180 L	
10.	S	R Ins Kick, R Elbow/Backfist/return	Horse	-----	
11.	S	L Ins Kick, L Elbow/Backfist/return	Horse	-----	
12.	S	R Ins Kick, R Elbow/Backfist	Horse	-----	
13.	S	L Middle Punch	L Front	-----	
14.	N	R Side Hook Punch to Left	Horse	270 L	
15.	N	L Side Hook Punch to Right	Horse	Jump Right	KIAI!

Kata Heian Yo Dan

Num	Face	Technique	Stance	Turn
1.	W	L OPEN Out Blk/R High Blk	L Back	90 L
2.	E	R OPEN Out Blk/L High Blk	R Back	180 R
3.	N	Dbl. Cross Low Block	L Front	90 L
4.	N	R Dbl. Outside Block	R Front	-----
5.	W	L Side Kick Position	L Leg Up	90 L
6.	W	L Side Kick-Side Punch/R Elbow	L Front	NO STEP
7.	E	R Side Kick Position	R Leg Up	180 R
8.	E	R Side Kick-Side Punch/L Elbow	R Front	NO STEP
9.	N	L High Knife/Knife to Neck	L Front90	L
10.	N	R Front Kick, Jumping R Back Knuckle/L Foot Stomp	X-Stance	Jump Fwd. KIAI!
11.	SE	Double Cross Choke Block	L Front2	25 L
12.	SE	R Front Kick, R/L Dbl Punch	R Front	-----
13.	SW	Double Cross Choke Block	R Front	90 R
14.	SW	L Front Kick, L/R Dbl Punch	L Front	-----
15.	S	L Double Outside Block	L Back	45 L
16.	S	R Double Outside Block	R Back	-----
17.	S	L Double Outside Block	L Back	-----
18.	SE	Double Open Hand Neck Grab	L Front	45 L
19.	SE-NW	R Knee Smash, turn, L Mid Knife Blk	L Back	180L-Step Bk KIAI!
20.	NE	L Middle Knife Block	R Back	90 R

Kata Heian Go Dan

Num	Face	Technique	Stance	Turn
1.	W	L Outside Block	L Back	90 L
2.	W	R Middle Punch	L Back	NO STEP
3.	E	R Outside Block	R Back	180 R
4.	E	L Middle Punch	R Back	NO STEP
5.	N	R Dbl Outside Blk	R Front	90 L
6a.	N	L Dbl Cross Low Block	L Front	-----
6b.	N	L Dbl Cross High Knife Block	L Front	NO STEP
7.	N	Pull Hands to Right Belt	L Front	NO STEP
8.	N	L Side Knife Hand Strike	L Front	NO STEP
9.	N	R Middle Punch	R Front	-----
10.	S	R Ins Kick, R Low Block	Horse	180 L
11.	N	L Back Hand Strike	Horse	NO STEP
12.	N	R Ins Kick, R Elbow	Horse	180 L
13.	N	R Reinforced High Back Knuckle	Ft. Crossed	-----
14.	S	Step toward South, hold knuckle	L Back	180 L
15.	S	Pull Back, hold knuckle	Ft. Together	Pull Back
16.	S	Jumping Dbl. Cross Low Blk	Low X	Jump Fwd. KIAI!
17.	S	R Double Outside Block	Low R Front	-----
18.	N	Low R Scoop, L Block Neck	Low L Front	180 L
19.	N	Pull Back, R High Bk Knkl, L Low Blk	Short L Back	Pull Back
20.	N	Pull Back, hold Techniques	Ft. Together	Pull Back
21.	N	Twisting Double High back Knuckle	Ft. Crossed	180 L
22.	N	Low L Scoop, R Block Neck	Low R Front	-----
23.	N	Pull Back, L High Bk Knkl, R Low Blk	Ft. together	Pull Back

Kata Basai Dai

Num	Face	Technique	Stance	Turn
1.	N	Falling Reinforced R Out Blk.	Crane	-----
2.	S	L Outside Block	L Front	180 L
3.	S	R Outside Block	L Front	NO STEP
4.	N	L Inside Block	R Front	180 R
5.	N	R Outside Block	R Front	NO STEP
6.	E	R Swinging Inside Block	R Front	90 R
7.	E	L Outside Block	R Front	NO STEP
8.	N	Pull R Fist to R Hip, Cover w/ L Knife	Horse	90 L
9.	N	L Knife Strike	Horse	NO STEP
10.	N	R Punch	Horse	NO STEP
11.	N	R Back Knuckle	Horse	NO STEP
12.	N	L Punch	Horse	NO STEP
13.	N	L Back Knuckle	Horse	NO STEP
14.	N	R Knife Block	R Back	-----
15.	N	L Knife Block	L Back	-----
16.	N	R Knife Block	R Back	-----
17.	N	L Knife Block	L Back	STEP BACK
18.	N	R Backhand to L Palm	L Back	NO STEP
19.	N-S	R Side Kick, turn, L Knife Blk	L Back 180	L-Step Bk KIAI!
20.	S	R Knife Block	R Back	-----
21.	S	Circle Arms to Dbl. Cross Choke Blk	Natural	Pull Back
22.	S	Rising Dbl Inside Hmr Fist Strike	R Front	-----
23.	S	Jumping R Middle Punch	R Front	JUMP FWD. KIAI!
24.	N	R Groin Scoop	L Front	180 L
25.	N	R High Bk. Knuckle, L Low Blk	Short L Back	Pull Back
26.	N	R High Bk. Knuckle, L Low Blk	Ft. Together	Pull Back
27.	N	R Inside Kick	-----	-----
28.	W	R Low Block to North	Horse	90 L
29.	W	L Back Hand to South	Horse	NO STEP
30.	S	R Inside Kick	-----	90 L
31.	E	R Elbow Strike	Horse	90 L
32.	E	Scissor Block (L High)	Horse	NO STEP
33.	E	Scissor Block (R High)	Horse	NO STEP
34.	E	Scissor Block (L High)	Horse	NO STEP
35.	S	Leaning Dbl Knuckle Strike	Ext. R Front	90 R
36.	S	Hands to R Belt	Ft. Together	Pull Back
37.	S	L Inside Kick	-----	-----
38.	S	Leaning Dbl Knuckle Strike	Ext. L Front	Step Fwd.
39.	S	Hands to L Belt	Ft. Together	Pull Back
40.	S	R Inside Kick	-----	-----
41.	S	Leaning Dbl Knuckle Strike	Ext. R Front	Step Fwd.
42.	N	Moving L Leg, R Low Back Knuckle	RH on R Knee	180 L
43.	N	L Low Back Knuckle	RH on L Knee	NO STEP
44.	N	R Knife Block	R Back	Step L,R
45.	E	R Knife Block	R Back 90 R	
46.	N	L Knife Block	L Back	90 L, Step R,L
47.	N	Return to Basai Yoi	Natural	-----

Kata Kwanku Dai

Num	Face	Technique	Stance	Turn	
1.	W	L Middle Knife Block	L Back	90 L	
2.	E	R Middle Knife Block	R Back	180 R	
3.	N	L Knife Strike	Horse	90 L	
4.	N	R Middle Punch	Horse	NO STEP	
5.	N	R Back Knuckle	Horse	NO STEP	
6.	N	L Middle Punch	Horse	NO STEP	
7.	N	L Back Knuckle	Horse	NO STEP	
8.	S	R Side Kick/Side Punch	-----	180 R	
9.	N	L Middle Knife Block	L Back	180 L	
10.	N	R Middle Knife Block	R Back	-----	
11.	N	L Middle Knife Block	L Back	-----	
12.	N	R Spear Hand	R Front	-----	
13.	S	L High Knife/R Neck Attack	L Front	180 L	
14.	S	R High Front Snap Kick	-----	-----	
15.	N	R Groin Scoop	Low L Front	180 L	
16.	N	R High Back Knuckle, L Low Blk.	Ft. Together	Pull Back	
17.	N	R Groin Scoop	Low L Front	Step Fwd.	
18.	N	L Side Hammer Fist	Rt. Together	Pull Back	
19.	N	L High Knife/R Neck Attack	L Front	Step Fwd.	
20.	N	R High Front Snap Kick	-----	-----	
21.	S	R Groin Scoop	Low L Front	180 L	
22.	S	R High Back Knuckle, L Low Blk.	Ft. Together	Pull Back	
23.	S	R Groin Scoop	Low L Front	Step Fwd.	
24.	S	L Side Hammer Fist	Rt. Together	Pull Back	
25.	E	L Side Kick/Side Punch	-----	90 L	
26.	E	R Elbow	L Front	-----	
27.	W	R Side Kick/Side Punch	-----	180 R	
28.	W	L Elbow	R Front	-----	
29.	E	L Middle Knife Block	L Back	180 L/Step behind	
30.	SE	R Middle Knife Block	R Back	45 R	
31.	W	R Middle Knife Block	R Back	135 R	
32.	SW	L Middle Knife Block	L Back	45 L	
33.	S	L High Knife/R Neck Attack	L Front	45 L	
34.	S	High Front Snap Kick/land with Right Back Knuckle	X-Stance	-----	
35.	S	R Back Knuckle	R Front	Shift Forward	
36.	S	L/R Double Punch	R Front	NO STEP	KIAI!
37.	N	R Low Inside Hammer Fist	L Crane	180 L	
38.	N	R 4-Points	Ext. R Front	Step Forward	
39.	S	L Low Knife Block	Ext. L Back	180 L	
40.	S	R Middle Knife Block	R Back	-----	
41.	W	L Outside Block	L Back	270 L	
42.	W	R Middle Punch	L Front	Shift	
43.	E	R Outside Block	R Back	180 R	
44.	E	L/R Double Punch	R Front	Shift	
45.	S	R Side Kick/Side Punch	-----	90 R Pull Back	
46.	N	L Middle Knife Block	L Back	180 L	
47.	N	R Spear	R Front	-----	
48.	E	L Side Hammer Fist to North	Horse	270 L	
49.	E	L Jumping Back Knuckle to North	Horse	Jump to N	
50.	E	R Elbow to North	Horse	NO STEP	KIAI!
51.	E	R Low Block to South	Horse	NO STEP	
52.	E	L Middle Hook Punch	Horse	NO STEP	
53.	W	R High/L Low Scissor Block	Horse	180 R	
54.	W	Double Cross Low Block	Horse	NO STEP	
55.	W	Double Cross High Knife Block	Horse	NO STEP	
56.	S	Pull Knife Hands to R Belt	R Front	270 R	
57.	S	R Jumping Front Kick	-----	JUMP	
58.	S	R Back Knuckle	R Front	-----	KIAI!
59.	N	R Low Back Knuckle Scoop	Yoi	180 R moving L Leg	