

Sequences for Moving Basics for Kata

Geikisai Dai Ichi - Moving Sequences						
Sequence 1 - Forwards						
Start Posture						
Direction	Fwd	Fwd	Fwd	Fwd	Fwd	Fwd
Right heiko dachi	Left heiko Dachi	Right Han Zenkutsu Dachi	Left Shiko Dachi	Right Heiko Dachi	Left Han Zenkutsu Dachi	Right Shiko Dachi
Right Downward Ura ken Uchi	Left Jodan Age Uke	Right Jodan Tsuki	Left Gedan Hari Uke	Right Jodan Age Uke	Left Jodan Tsuki	Right Gedan hari Uke
Sequence 1 - Backwards						
Start						
Direction	Bkwd	Bkwd	Bkwd	Bkwd	Bkwd	Bkwd
Were left off	Heiko Dachi	Han Zenkutsu Dachi	Shiko Dachi			
	Jodan Age Uke	Jodan Tsuki	Gedan Hari Uke			
Sequence 2 - Forwards						
Start Posture						
Direction	Fwd	Fwd	Fwd	Fwd	Fwd	Fwd
Right Heiko Dachi	Left Heiko Dachi	Right Heiko Dachi	Left Zenkutsu Dachi	Right Heiko Dachi	Left Heiko Dachi	Right Zenkutsu Dachi
Right Downward Ura Ken Uchi	Left Chudan Uke	Right Chudan Uke	Left Mae Geri; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke Right Gyaku Zuki	Right Chudan Uke	Left Chudan Uke	Right Mae Geri; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke Left Gyaku Zuki
Sequence 2 - Backwards						
Start						
Direction	Bkwd	Bkwd	Bkwd	Bkwd	Bkwd	Bkwd
Were left off	Heiko Dachi	Heiko Dachi	Zenkutsu Dachi			
	Chudan Uke	Chudan Uke	Jun: Mae Geri, step back with kicking leg; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke - Gyaku Zuki			

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Sequence 3- Forwards						
Start Posture						
Direction	Fwd	Fwd	Fwd	Fwd	Fwd	Fwd
Right heiko dachi	Left Heiko Dachi	Right Heiko Dachi	Left Zenkutsu Dachi	Right Heiko Dachi	Left Heiko Dachi	Right Zenkutsu Dachi
Right Downward Ura ken Uchi	Left Ashi Barai; Left Shuto Uchi	Right Chudan Yoko Uke	Left Mae Geri; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke Right Gyaku Zuki	Right Ashi Barai; Left Shuto Uchi	Left Chudan Yoko Uke	Left Mae Geri; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke Right Gyaku Zuki
Sequence 3 - Backwards						
Start						
Direction	Bkwd	Bkwd	Bkwd	Bkwd	Bkwd	Bkwd
Were left off	Heiko Dachi	Heiko Dachi	Zenkutsu Dachi			
	Jun Ashi Barai, step back with sweeping leg; Shuto Uchi	Chudan Yoko Uke	Jun: Mae Geri, step back with kicking leg; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke - Gyaku Zuki			
Sequence 4 - Forwards						
Start Posture						
Direction	Fwd	Fwd	Fwd	Fwd	Fwd	Fwd
Right Heiko Dachi	Left Heiko Dachi	Right Zenkutsu Dachi	Left Zenkutsu Dachi	Right Heiko Dachi	Left Zenkutsu Dachi	Right Zenkutsu Dachi
Right Downward Ura Ken Uchi	Left Ashi Barai; Left Shuto Uchi	Right Chudan Yoko Uke; Awase Zuke	Left Chudan Yoko Uke; Awase Zuke	Right Ashi Barai; Left Shuto Uchi	Left Chudan Yoko Uke; Awase Zuke	Right Chudan Yoko Uke; Awase Zuke
Sequence 4 - Backwards						
Start						
Direction	Bkwd	Bkwd	Bkwd	Bkwd	Bkwd	Bkwd
Were left off	Heiko Dachi	Zenkutsu Dachi	Zenkutsu Dachi			
	Jun Ashi Barai, step back with sweeping leg; Shuto Uchi	Chudan Yoko Uke; Awase Zuke	Chudan Yoko Uke; Awase Zuke			