

## Sequences for Moving Basics for Kata Geikisai Dai Ni Moving Sequences

<b>Sequence 1 - Forwards</b>						
Start Posture						
Direction	Fwd	Fwd	Bkwd	Fwd	Fwd	Bkwd
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
<b>Sequence 1 - Backwards</b>						
Start						
Direction	Bkwd	Fwd	Bkwd			
Were left off	Heiko Dachi	Heiko Dachi	Shiko Dachi			
	Jodan Age Uke	Jodan Tsuki	Gedan hari Uke			
<b>Sequence 2 - Forwards</b>						
Start Posture						
Direction	Fwd	Fwd	Bkwd	Fwd	Fwd	Fwd
Right heiko dachi	Left Heiko Dachi	Right Zenkutsu Dachi	Left Heiko Dachi	Right Heiko Dachi	Left Zenkutsu Dachi	Right Heiko Dachi
Right Downward Ura ken Uchi	Left Chudan Uke	Right Mae Geri; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke Left Gyaku Zuki	Right Ashi Barai Step Bkwd; Left Shuto Uchi	Right Chudan Uke	Left Mae Geri; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke Right Gyaku Zuki	Left Ashi Barai Step Bkwd; Right Shuto Uchi
<b>Sequence 2 - Backwards</b>						
Start						
Direction	Bkwd	Fwd	Bkwd			
Were left off	Heiko Dachi	Zenkutsu Dachi	Shiko Dachi			
	Chudan Uke	Mae Geri; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke, Gyaku Zuki	Gedan hari Uke			

## Sequences for Moving Basics for Kata Geikisai Dai Ni Moving Sequences

<b>Sequence 3- Forwards</b>						
Start Posture						
Direction	Fwd	Bkwd	Fwd	Fwd	Bkwd	Fwd
Right heiko dachi	Left Heiko Dachi	Right Heiko Dachi	Left Han Zenkutsu Dachi	Left Heiko Dachi	Right Heiko Dachi	Left Han Zenkutsu Dachi
Right Downward Ura ken Uchi	Left Hiki Uke	Right Hiki Uke	Left Mae Geri; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke Right Gyaku Zuki	Left Hiki Uke	Right Hiki Uke	Left Mae Geri; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke Right Gyaku Zuki
<b>Sequence 3 - Backwards</b>						
Start						
Direction	Bkwd	Fwd	Bkwd			
Were left off	Heiko Dachi	Heiko Dachi	Han Zenkutsu Dachi			
	Hiki Uke	Hiki Uke	Jun: Mae Geri, step back with kicking leg; Hiji Ate; Mae Uraken Uchi; Gedan Hari Uke - Gyaku Zuki			
<b>Sequence 4 – Side to Side – Suri Ashi</b>						
Start Posture						
Direction	Fwd	Left side	Right side	Fwd	Right side	Left side
Right heiko dachi	Left Heiko Dachi	Left Neko Ashi dachi	Right Neko Ashi dachi	Left Heiko Dachi	Right Neko Ashi dachi	Left Neko Ashi dachi
Right Downward Ura ken Uchi	Left Ashi Barai; Left Shuto Uchi	Tora Guchi	Tora Guchi	Left Ashi Barai; Left Shuto Uchi	Tora Guchi	Tora Guchi
<b>Sequence 4 - Side to Side – Suri Ashi</b>						
Start						
Direction	Bkwd	Side to side	Side to side			
Were left off	Heiko Dachi	Neko Ashi dachi	Neko Ashi dachi			
	Ashi Barai; Shuto Uchi	Tora Guchi	Tora Guchi			