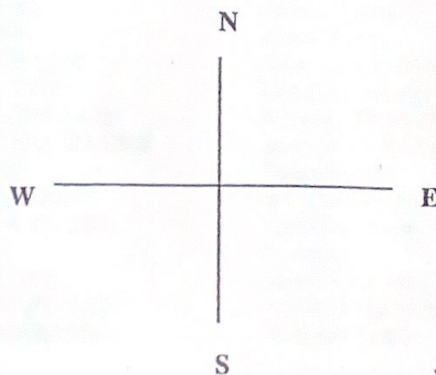


KITEI (COMPULSORY KATA) '94

1. Actions: 46
2. Standard Demonstration time: 1 min. 30 sec.
3. Direction

SHOMEN
(Referee)



GLOSSARY

1. Definition of Stance

Whether a stance is described as left or right is determined by the position of the back leg.

2. Action Tempo

- (-) Normal Continuation
- (=) Quick Continuation
- (,) Period of a group of techniques
- (.) Period inside kata moment of Zan-Shin (Watching Next Opponent)

3. Japanese Term

A. Target

JODON	-	Face Area
CHUDAN	-	Solar Plexus Area
GEDAN	-	Low Stomach Area

B. Techniques

GEDAN-BARAI	-	Downward Block
GYAKU-ZUKI	-	Counter-Punch
HAITO	-	Ridge Hand
HAITO-UKE	-	Ridge Hand Block
KAGI-ZUKI	-	Hook Punch
KEITO-UKE	-	Chicken Head (Thumb side of wrist block)
MAE-GERI	-	Front Kick
MAWASHI-GERI	-	Round House Kick
NAGASHI-UKE	-	Sweeping Block
OI-ZUKI	-	Step in Punch
SHUTO	-	Knife Hand
SHUTO-UKE	-	Knife Hand Block
SOTO-UDE	-	Outside Forearm
TATE-ENPI-ATE	-	Vertical Elbow Smash
TATE-SHUTO-UKE	-	Vertical Knife Hand Block
TEISHO	-	Bottom Palm
TEISHO-ZUKI	-	Bottom Palm Punch
TSUKAMI-UKE	-	Grabbing Block
TSUKI	-	Punching
UCHI-UDE	-	Inside Forearm
UCHI-UDE-UKE	-	Inside Forearm Block
URAKEN-UCHI	-	Backfist Strike

ORDER	DIRECTION	SHIFTING	SPEED	STANCE	ACTION	MAIN BODY POWER
REI	N.			MUSUBI-DACHI	REI	
YOI	N.	L. foot then right foot move to the side one quarter step		HACHI-JI-DACHI		
1.	N.	L. foot moves forward (N)	Slow/ Powerful	R. ZEN-KUTSU-DACHI	Left CHUDAN UCHI-UDE-UKI Rei; Left arm starts below right armpit	Reverse Rotation
(-)						
2.	N.	In place (same position)	Slow/ Powerful	R. ZEN-KUTSU-DACHI	Right fist CHUDAN GYAKU-ZUKI	Rotation
(-)						
3.	N.	R. foot moves forward (N.)	Slow/ Powerful	L. ZEN-KUTSU-DACHI	Right CHUDAN UCHI-UDE-UKE	Reverse Rotation
(-)						
4.	N.	In place (same position)	Slow/ Powerful	L. ZEN-KUTSU-DACHI	Left fist CHUDAN GYAKU-ZUKI	Rotation
(-)						
5.	N.	L. foot moves forward (N.)	Slow/ Powerful	R. ZEN-KUTSU-DACHI	Left CHUDAN UCHI-UDE-UKE Rei; Left arm starts below right armpit	Reverse Rotation
(-)						
6.	N.	Both feet slide half step to N.	Speed/ Strong	R. ZEN-KUTSU-DACHI	Right fist CHUDAN GYAKU-ZUKI (KIAI)	Rotation
(*)						
7.	W.	Body turns clockwise and R. foot shifts to West	Speed	L. Kokutsu-Dachi	Left UCHI-UDE JODAN NAGASHI-UKE, from right hip to back (E.) Right SOTO-UDE GEDAN-BARAI from left upper shoulder.	Rotation and reverse rotation
(-)						

ORDER	DIRECTION	SHIFTING	SPEED	STANCE	ACTION	MAIN BODY POWER
8. (,)	W.	Both feet slide half step to W.	Speed	KIBA-DACHI	Left fist CHUDAN KAGI-ZUKI.	Shifting
9. (-)	E.	In place (same position) body turns counter-clockwise	Speed	R. KOKUTSU-DACHI	Right UCHI-UDE JODAN NAGASHI-UKE, from left hip to back (W.). Left SOTO-UDE GEDAN-BARAI from right upper shoulder.	Rotation and Reverse Rotation
10. (,)	E.	Both feet slide half step to E.	Speed	KIBA-DACHI	Right fist CHUDAN KAGI-ZUKI	Shifting
11. (-)	S.	R. foot shifts forward (S.) one-quarter step	Speed Slow/ Powerful	L. SANCHIN-DACHI	A) Right hand KEITO-UKE from the front side stomach level to front side right shoulder level (palm side). Left hand TSUKAMI-UKE from breast front side to left side (W.) hip (palm down). B) Right hand twists counter clockwise then pulls downward to front side right breast level.	Body expansion and contraction
12. (-)	S.	L. foot shifts forward (S.) one-quarter step.	Speed	R. SANCHIN-DACHI	A) Left hand KEITO-UKE from front side stomach level to front side left shoulder level (Palm side). Right hand TSUKAMI-UKE from breast front side to right side (W.) hip (Palm down). B) Left hand twists clock-	Body expansion and contraction

ORDER	DIRECTION	SHIFTING	SPEED	STANCE	ACTION	MAIN BODY POWER
(-)					wise then pulls downward to front side left breast level.	
13.	N.	R. foot moves one step forward (S.). Body turns clockwise.	Speed Slow/ Powerful	R. HAN GETSU-DACHI	A) Right hand HAITO-UKE from left side hip to front side right shoulder level. Left hand SHUTO GEDAN-BARAI from front side right shoulder. B) Right hand turns counter-clockwise then grabbing, pulls downward to front side right breast level.	Body expansion and contraction
(-)						
14.	N.	R. foot moves one step forward (N.)	Speed Slow/ Powerful	L. HAN GETSU-DACHI	A) Left hand HAITO-UKE from right side hip to front side left shoulder level. Right hand SHUTO GEDAN-BARAI from front side left shoulder. B) Left hand turns clockwise then grabbing, pulls downward to front side left breast level.	Body expansion and contraction
(,)						
15.	W.	Body moves counter-clockwise and L. foot shifts to W.	Speed	R. ZEN-KUTSU-DACHI	Left JODAN UCHI-UDE-UKE	Rotation
(-)						
16.	W.	Forward (W.)	Speed	-	Right leg CHUDAN MAWASHI-GERI	Rotation
(-)						
17.	W.	R. foot steps forward (W.)	Speed/ Sharp	L. ZEN-KUTSU-DACHI	Right fist URA-KEN-JODAN UCHI . Fist starts at left shoulder and is directed at	Vibration

ORDER	DIRECTION	SHIFTING	SPEED	STANCE	ACTION	MAIN BODY POWER
(=)					left side of opponent's face.	
18. (,)	W.	Same position	Speed	L. ZEN-KUTSU-DACHI	Left fist CHUDAN GYAKU-ZUKI	Rotation
19. (-)	E.	Body turns clockwise and R. foot shifts E.	Speed	L. ZEN-KUTSU-DACHI	Right JODAN UCHI-UDE-UKE	Rotation
20. (-)	E.	Forward (E.)	Speed	-	Left leg CHUDAN MAWASHI-GERI	Rotation
21. (=)	E.	L. foot steps forward (E.)	Speed/ Sharp	R. ZEN-KUTSU-DACHI	Left fist URA-KEN-JODAN UCHI. L. fist starts at right shoulder and is directed at left side of opponent's face.	Vibration
22. (,)	E.	Same position	Speed	R. ZEN-KUTSU-DACHI	Right fist CHUDAN GYAKU-ZUKI	Rotation
23. (-)	N.	Body turns counter-clockwise and L. leg shifts to N.	Slow/ Smooth/ Powerful	R. ZEN-KUTSU-DACHI	Left CHUDAN TATE-SHUTO-UKE. Left hand starts below right armpit and extends parallel to floor.	Rotation
24. (=)	N.	Same position	Speed	R. ZEN-KUTSU-DACHI	Right fist CHUDAN GYAKU-ZUKI	Rotation
25. (-)	N.	Same position	Speed	R. ZEN-KUTSU-DACHI	Left fist CHUDAN TSUKI	Vibration
26. (-)	N.	Forward (N.)	Speed	-	Right leg CHUDAN MAE-GERI	Front Pendulum
27. (,)	N.	Forward (N.)	Speed	L. ZEN-KUTSU-DACHI	Right fist JODAN OI-ZUKI	Shifting

ORDER	DIRECTION	SHIFTING	SPEED	STANCE	ACTION	MAIN BODY POWER
28. (-)	S.	Body turns clockwise R. leg shifts to S.	Slow/ Smooth/ Powerful	L. ZEN-KUTSU-DACHI	Right hand CHUDAN TATE-SHUTO-UKE. Re: Right hand starts below left armpit and extends parallel to floor.	Rotation
29. (=)	S.	Same position	Speed	L. ZEN-KUTSU-DACHI	Left fist CHUDAN GYAKU-ZUKI	Rotation
30. (-)	S.	Same position	Speed	L. ZEN-KUTSU-DACHI	Right fist CHUDAN TSUKI	Vibration
31. (-)	S.	Forward (S.)	Speed	-	Left leg CHUDAN MAE-GERI	Front Pendulum
32. (-)	S.	Forward (S.)	Speed	R. ZEN-KUTSU-DACHI	Left fist JODAN OI-ZUKI	Shifting
33. (-)	S.	Jump forward (S.) as body turns counter-clockwise in air.	Speed	-	Left hand opens, and right hand SOTO-UDE strikes the open left palm at the peak of the jump's arch. (KIAI)	Rotation
34. (-)	N.	After the peak of jump, body continues counter-clockwise turning to (S.) landing one and a half step forward (S.) from beginning jump position	Speed	L. NEKO-ASHI-DACHI	Facing N., both hands open fingers pointing up. Left hand touches solar plexus (thumb side). Right hand, with fingers at shoulder height, extend out from right breast. Elbow is slightly bent. (KAMAE)	Body expansion and contraction
35. (-)	E.	R. foot shifts to the right side (E.)	Slow/ Smooth/ Powerful	SHIKO-DACHI	Right hand from left side parallel to floor TSUKAMI-UKE Re: Fingers slightly bent with thumb open.	Body expansion and contraction

ORDER	DIRECTION	SHIFTING	SPEED	STANCE	ACTION	MAIN BODY POWER
36. (-)	E.	Same position	Speed	SHIKO-DACHI	Left hand JODAN TEISHO-ZUKI to Right side (E.)	Rotation
37. (,)	N.E.	Same position	Speed	SHIKO-DACHI	Left hand pulls opponent to the left side (W.). At the same time right JODAN TATE-EMPI-ATE	Rotation
38. (-)	W.	Same position	Speed/ Smooth/ Powerful	SHIKO-DACHI	Left hand from right side parallel to floor TSUKAMI-UKE Re: Fingers slightly bent with thumb open.	Body expansion and contraction
39. (-)	W.	Same position	Speed	SHIKO-DACHI	Right hand JODAN TEISHO-ZUKI to left side (W.)	Rotation
40. (,)	N.W.	Same position	Speed	SHIKO-DACHI	Right hand pulls opponent to the right side (E.) At the same time left JODAN TATE-EMPI-ATE	Rotation
41. (-)	N.	R. foot shifts one-quarter step in front of left foot (N.).	Slow/ Smooth	L. NEKO-ASHI-DACHI	Both hands open (SHUTO) and cross in front of the face to side GEDAN, with palms down, (KAMAE)	Body expansion and contraction
42. (-)	N.	L. foot shifts forward (N.)	Speed	R. KOKUTSU-DACHI	Both hands CHUDAN HAITO-UKE. Re: Finger tips are at shoulder level and palms are in.	Body expansion and contraction
43. (-)	N.	Same position	Slow	R. KOKUTSU-DACHI	Both hands, from outside to inside, grab opponent's arm and pull in to waist at the same time.	Body expansion and contraction
44. (-)	N.	Same position	Speed	-	Right leg CHUDAN MAE-GERI	Front pendulum action

ORDER	DIRECTION	SHIFTING	SPEED	STANCE	ACTION	MAIN BODY POWER
45.	N.	Kicking leg, step back (S.)	Speed	R. ZEN-KUTSU-DACHI	Left hand palm down pulls back (S.) CHUDAN to NAGASHI- UKE. Right fist CHUDAN TSUKI Re: Final position is with left palm down above right elbow. Left forearm is parallel to body. (KIAI)	Body expansion and contraction
46.	N.	R. foot slides back one-fourth step (S.)	Speed Slow/ Powerful	R. NEKO-ASHI-DACHI	A) Right hand HAITO CHUDAN UKE with fingertips at shoulder level and palm in. At same time, left hand open (palm down) parallel to body. Left wrist is just below right elbow. B) Right hand makes a counter-clockwise circle (palm in) to right armpit. Finally, palm faces outward (front). At same time, the left hand makes a counter-clockwise circle with palm front to left hip. Then at the same time both hands TEISHO. Right hand JODAN TSUKI (finger up). Left TEISHO CHUDAN TSUKI (fingers down).	Body expansion and contraction
YAME	N.	L. leg shifts to side (W.)	Slow/ Smooth	HACHI-JI-DACHI		
REI	N.	R. foot then left foot each move one-quarter step to inside.		MUSUBI-DACHI	REI	