

BASSAI DAI ENGI BUNKAI ICHI (45 Kyodo)

ESECUZIONE DEL KATA	TECNICHE DA APPLICARE
- Yoi - Kamae	
1 - 1 dx Moroteuke	
2 - 2 sx Uchiuke	
3 - 3 dx Uchiuke	
-	4 - sx Sotouke
-	5 - dx Uchiuke
-	6 - dx Kizamizuki
-	7 - sx Gyakuzuki (Kiai)
8 - dx Gedanuchiude Harai - dx Sotouke	-
9 - sx Uchiuke	-
10 - dx Kamae	-
11 - sx Tateshoutouke	-
12 - dx Chokuzuki	-
13 - dx Uchiuke	-
14 - sx Chokuzuki	-
15 - sx Uchiuke	-
16 - dx Shutouke	-
17 - sx Shutouke	-
18 - dx Shutouke	-
-	19 - sx Shutouke
-	20 - sx Nukite - dx Tsukami
-	21 - Ryote Tsukami - dx Gedan Fumikomi (Kiai)
22 - sx Shutouke	-
23 - dx Shutouke	-
24 - Morote Jodan Yamauke	-
25 - Ryoken Kentsui-uchi	-
26 - dx Chokuzuki	-
27 - dx Gedan Kaishouchi - sx Sho Nagashiuke	-
- sx/dx Gedan/Jodan Morote Kamae	-
-	28 - dx Gedanbarai
-	29 - dx Yoko Hijiate (Kiai)
30 - sx Haishuuke	-
31 - dx Mikazukigeri - dx Mae Hijiate	-
32 - dx Gedanzuki	-
33 - sx Gedanzuki - dx Gedanzuki	-
34 - sx Ryoken Koshi Kamae	-
35 - sx Yamazuki	-
36 - dx Ryoken Koshi Kamae	-
37 - dx Yamazuki	-
38 - sx Ryoken Koshi Kamae	-
-	39 - sx Yamazuki (Kiai)
40 - dx Gedankakeuke	-
41 - sx Gedankakeuke	-
42 - dx Shutouke	-
43 - dx Shutouke	-
44 - sx Shutouke (Kiai)	-
45 - Yame Rei Naotte	-
dx = destra sx = sinistra	

