

BLACK PAW 黒足武道
MARTIAL ARTS ACADEMY

SANSEIRU

**KATA
BUNKAI**

Application 6.1

Attacker

Defender

Right hand haymaker

Left hand Uchi Uke while right hand punch their right shoulder

Left hand haymaker

Right hand Uchi Uke while left hand punch their left shoulder

Application 6.2

Attacker

Defender

Hold out right wrist

Grab right wrist with left hand

Move right hand up and over out of attackers grip while left hand Shuto Gedan Barai attackers left elbow

Move right leg inside attackers left ankle

Right hand on attackers left calf, left hand on their left hip

Right hand pulls while left hand pushes

Fall onto back

Keep hold of attackers leg, left leg groin kick

Application 6.3

Attacker

Defender

Right hand head level punch

Left hand outer forearm block, grab attackers right wrist with left hand

Right leg front kick to attacker left leg

Right elbow into attackers right collar bone

Left hand punch ribs while attackers arm trapped under armpit

Right leg Kansetsu Geri (stomping kick) onto attackers right knee while keeping hold of attackers right arm with both hands

Application 6.4

Attacker

Defender

Right leg front kick to stomach

Rotate 90° to the left to avoid the kick

Catch attackers right leg with a right hand scooping motion under their leg, left hand on top of their thigh, right hand underneath their calf

Drop into Shiko Dachi, to break the attackers leg

Application 6.5

Attacker

Defender

Right hand chest punch

Kakie Uke with left hand

Hook Attackers arm with left hand under their elbow

Right forearm strike into right side of Attackers neck

Sweep Attackers right leg with right leg, Mawashi their head while stepping backwards, holding onto their arm into takedown.