

BLACK PAW 黒足武道
MARTIAL ARTS ACADEMY

**GEKISAI DAI
ICHI**

**KATA
BUNKAI**

Application 1.1

Attacker

Defender

Right hand head level punch

Palm right to left, while stepping to the right

Left hand Jodan Age Uke (head level block)

Left hand grab attackers right hand

Pull attackers hand to left side

Step through and right hand punch to the face

Application 1.2

Attacker

Defender

Right hand haymaker to the head.

Palm right to left, while stepping to the right.

Left hand Jodan Age Uke (head level block) .

Right hand stomach level punch.

Right hand Kakie Uke attackers arm

Left arm clothes line over attackers right arm.

Sweep the attacker's right leg while sinking into Shiko Dachi behind their leg using left leg.

Takedown backwards to floor

Application 1.3

Attacker

Defender

Right hand chest level punch

Palm right to left followed by left hand Uchi Uke (middle block)

Left hand grab attackers right hand

Right leg front kick to attackers groin/back leg

Land the right leg forward

Pull attackers right hand to left side while,

Right forearm strike to attackers right collar bone

Back fist with right hand to side of attackers head

Using right hand Gedan Barai to move their right hand to the right

Left hand punch to the ribs

Application 1.4

Attacker

Defender

Right hand chest level haymaker

Palm right to left, left hand Uchi Uke (Inside to inside block), grab the attacker's right arm, Right leg kick out attackers Left leg, followed by Mawashi Empi (round elbow strike) to the attackers shoulder.
Front leg sweep, while Shuto strike to the back of the neck. Takedown forwards to the floor

Application 1.5

Attacker

Defender

Left hand head level haymaker punch

Outer forearm block with right hand to nerve cluster just above elbow joint

Left hand up, right hand down double punch to chest and stomach

Right hand head level haymaker punch

Outer forearm block with left hand to nerve cluster just above elbow joint. No feet change

Right hand up, left hand down double punch to chest and stomach