

BLACK PAW 黒足武道
MARTIAL ARTS ACADEMY

SAIFA

**KATA
BUNKAI**

Application 3.1

Attacker

Defender

Hold right arm out

Grab defenders right wrist with left hand

Grab attackers left wrist with left hand

Break right hand free

Rotate attackers left arm

Right hand Soto Uke into attackers left elbow, keeping hold of their wrist

Move right leg behind attackers left leg

Right elbow over the top of attackers left arm
strike into attackers chest and takedown over
leg

Application 3.2

Attacker

Defender

Hold right arm out

Grab defenders right wrist with left hand

Grab attackers left wrist with left hand. Break right hand free. Rotate attackers left arm, Right hand Soto Uke (outside to inside block) into attackers left elbow, keeping hold of their wrist, Shuto strike to attacker's face with right arm.

Block attack with right outer forearm

Convert arms into Chugi Uke (left up, right down) as stepping to left.
Use right leg to kick attackers left leg.
Step to right while hooking left hand around attackers left side of neck.
Pull in as knee strike to attackers chest.

Application 3.3

Attacker

Defender

Two handed neck throttle

Before Attacker makes contact

Both hands up through the centre of Attackers arms.

Grab attackers wrists, Pull attackers arms down, while right leg steps back into long stance

Two handed push with palm heel on attackers chest

Application 3.4

Attacker

Defender

Left hand chest level punch

Left hand Kake Uke (open handed hooking block), Getting in close, right hand jaw punch, followed by Jodan Tetsui Ate (head level hammer fist) to the throat while sweeping leg out

Application 3.5

Attacker

Defender

Two handed choke attack

Right palm and hook under with left arm to capture both attackers arms squeezing into chest. While keeping hold of the arms, Haito Uchi (ridge hand strike) to the back of the head, continuing round to crank the neck by hooking hand under chin and rotating to the right.