

BLACK PAW 黒足武道
MARTIAL ARTS ACADEMY

SEIYUNCHIN

**KATA
BUNKAI**

Application 4.1

Attacker

Defender

Hold both arms out waist height

Grab both wrists

Rotate hands up through the middle on top of attackers hands and grab wrists, with attackers elbows facing downwards.

Right hand scoop on the outside and all the way round to lock both arms .

Left hand punch to attackers ribs.

Application 4.2

Attacker

Defender

Front bear hug rugby tackle under defenders arms, Head to the left.

Step in with arms braced at chest level, with right hand leading. Push forearm into the neck, whilst stepping back to break the tackle. Keep hold of the attackers right arm while driving your Right elbow into their face. Loop round with right hand around their right hand side of neck for a front head choke with an upward crank

Application 4.3

Attacker

Defender

Right hand chest level punch

Left hand palm left to right

Right hand Kake Uke attackers right hand

Grab attackers right wrist with right hand

Left leg step forward and into Shiko Dachi (sumo stance) while left hand Gedan Tetsui (groin hammerfist) to attackers groin, under their arm

Left arm coming back and over the top of attackers right arm to side backfist their face

Block defenders backfist with left hand outer forearm block in front of face

Grab attackers left arm with left hand

Release their right hand

Step forward and rotate attackers arm

Right hand Soto Uke into their left elbow and roll into arm bar

Application 4.4

Attacker

Defender

Rear bear hug around Defenders upper arms

Lock Attackers wrists against chest with forearms. Rollover out of the bear hug, right to left, lifting Attackers wrists while maintaining grip. Keep hold of the Right hand, left arm elbow strike to ribs, whilst stepping round with the Right foot , move attackers right arm away with Gedan Barai block and grab the back of the head, pull attacker down, knee to the face and backfist/elbow to head/neck

Application 4.5

Attacker

Defender

Double lapel grab

Right hand lock Attackers grab. Left hand haymaker punch to the jaw. Push left forearm into attackers elbow crease.

Grab Attackers Right wrist with left hand, rotate into wrist lock while doing elbow strike to left jaw during transition. Followed by Soto Uke roll to Attackers elbow