

BLACK PAW 黒足武道  
MARTIAL ARTS ACADEMY

**SHISOCHIN**

**KATA  
BUNKAI**

# Application 5.1

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

Step right foot back into long stance, pulling the attacker forward

Step forward keep left hand grabbing attackers wrist, right hand strike inside Haito to their right hand side of neck

Block Defenders Haito with left hand

Left hand grabs attackers left arm

Use left arm to pull attacker round

Right Soto Uke strike into attackers left elbow

# Application 5.2

Attacker

Defender

Right hand head level punch

Right hand palm from right to left, stepping to the right

Left hand Kake Uke, grab wrist

Right leg front kick into attackers back leg, landing forward with right hand rising elbow strike into attackers chest/ shoulder.

# Application 5.3

Attacker

Defender

Right leg front kick to defenders stomach

Left hand Shuto Gedan Barai, grab the attackers leg as you step to with the right leg forward.

Right hand palm heel (Teisho) to attackers chest.

# Application 5.4

**Attacker**

**Defender**

Right hand head level haymaker punch

Left hand outer forearm block, kakie uke from left to right, use the left hand to move attackers arm slightly down.

Right hand elbow into the Attackers chest

# Application 5.5

Attacker

Defender

Left hand chest punch

Right hand palm from right to left,  
stepping to the right

Grab attackers left wrist with left hand

Right hand Soto Uke into attackers left elbow

Right hand Shuto to attackers face

Right hand outer forearm block

Grab attackers right wrist with right hand, releasing  
left hand

Left hand uppercut to attackers jaw, under right arm

Bring attackers right arm to left shoulder

Rotate 180°, grab attackers right arm with left hand

Strike right rear elbow into attackers ribs

Rotate 180° back the same way

Right hand haymaker attackers left side of face

Block haymaker with left outer forearm block

Right hand Shuto gedan barai to move attackers left  
arm down

Right side shoulder barge/strike into attackers chest/  
ribs

Grab attackers right wrist and elbow with both hands

Spin 180° around attackers right arm

Reverse grip into arm bar on attackers right arm