

Seichin kata

- Ki o tsuke rei
- Yoi heiko dachi nigiri kamae
- 1. Step forward Migi ashi mae
 - a. Migi joudan hajiki uke
 - b. Migi hiraken chuudan tsuki
- 2. Step
 - a. Hidari ashi mae
 - b. Hidari joudan hajiku uke
 - c. Hidari hiraken chuudan tsuki
- 3. Tenshin Hidari, hidari ashi mae
 - a. Hidari mawashi uke
 - b. Migi Shomen Kosuko Sokusen Geri
- 4. Tenshin Migi, migi ashi mae
 - a. Migi mawashi uke
 - b. Hidari Shomen Kosuko Sokusen Geri
- 5. Step to front
 - a. Hidari ashi mae
 - b. Hidari Koino shippo Uchi
- 6. Step forward
 - a. Migi ashi mae
 - b. Migi Koino shippo Uchi
- 7. Turn left to Ushiro
- 8. Morote chuudan uke
 - a. Slide in
 - b. Morote gedan nukite
 - c. Morote shouken kamae
- 9. Turn on back foot 90 degrees left (facing migi)
 - a. Hidari ashi mae
- 10. Kiba Dachi, migi ashi mae
 - a. Hidari mawashi uke
 - b. migi furi hiji ate
- 11. Sanchin dachi migi ashi mae
 - a. migi mawashi uke
 - b. hidari boshiken
- 12. hidari mawashi uke
 - a. Migi nukite
- 13. Turn left 180 degrees (facing hidari)
 - a. Hidari ashi mae
- 14. Hidari mawashi uke
 - a. Shomen Zensoku sokusen geri
- 15. Turn 90 degrees left (facing ushiro)
 - a. Hidari ashi mae
 - b. Morote Hiraken tsuki
 - c. Wari Uke

- d. Koken furi Nuki
- 16. Turn left facing shomen
 - a. Koken furi Nuki
 - b. hidari mawashi uke
- 17. turn left facing hidari
 - a. Hidari ashi mae
 - b. Hidari Harai sukui uke,
 - c. migi hirate sukuiage uke,
 - d. hidari hiza uke
- 18. turn right 180 degrees facing migi
 - a. Migi ashi mae
 - b. Migi Harai sukui uke,
 - c. hidari hirate sukuiage uke,
 - d. migi hiza uke
- 19. turn left 90 degrees to shomen
 - a. Hidari ashi mae
 - b. Shomen hajiki
- 20. Step back
 - a. Migi watari uke,
 - b. Hidari Harai sukui uke
- 21. Step forward into migi kiba dachi
 - a. Hidari mawashi uke
 - b. Migi furi hiji ate
- 22. Slide back into migi Sanchin Dachii
 - a. Migi mawashi uke
 - b. Hidari shouken tsuki
 - c. Hidari mawashi uke
 - d. Migi shouken tsuki
 - e. Migi Kamae
- 23. Step back hidari kamae
- 24. Step back to Heiko dachi and kamae
- 25. Ki o tsuke rei

Seichin Bunkai

Ki o tsuke
Shomen ni rei
Otagai ni rei

Kata

- Yoi heiko dachi nigiri kamae
- 1. Step forward Migi ashi mae
 - a. Migi joudan hajiki uke
 - b. Migi hiraken chuudan tsuki

2. Step forward hidari ashi mae
 - a. Hidari joudan hajiku uke
 - b. Hidari hiraken chuudan tsuki

Attacker Migi ashi mae, hidari seiken tsuki

Defender Migi ashi mae, Migi hajiki uke, Migi hiraken tsuki to armpit

Attacker Hidari ashi mae, migi seiken tsuki

Defender Hidari ashi mae, Hidari hajiku uke, Migi hiraken tsuki at same time

Kata

3. Tenshin Hidari, hidari ashi mae
 - a. Hidari mawashi uke
 - b. Migi Shomen Kosuko Sokusen Geri
4. Tenshin Migi, migi ashi mae
 - c. Migi mawashi uke
 - d. Hidari Shomen Kosuko Sokusen Geri
5. Step to front
 - e. Hidari ashi mae
 - f. Hidari Koino shippo Uchi
6. Step forward
 - g. Migi ashi mae
 - h. Migi Koino shippo Uchi
7. Turn left to Ushiro

Attacker hidari nanami to defender's left, migi seiken tsuki

Defender Tenshin Hidari, Hidari mawashi uke, migi shomen Kosuko sokusen Geri

Attacker migi nanami, migi seiken tsuki

Defender Tenshin Migi, Migi mawashi uke, Hidari mawashi geri

Attacker shomen, migi seiken tsuki, hidari seiken tsuki

Defender Slide front, Hidari Koino shippo Uchi, Migi Koino shippo Uchi
Pull into hiza ate (or kick, optional boshikens)

Kata

8. Morote chuudan uke
 - a. Slide in
 - b. Morote gedan nukite
 - c. Morote shouken kamae
9. Turn on back foot 90 degrees left (facing migi)
 - a. Hidari ashi mae

10. Kiba Dachi, migi ashi mae
 - a. Hidari mawashi uke
 - b. migi furi hiji ate
11. Sanchin dachi migi ashi mae
 - a. migi mawashi uke
 - b. hidari boshiken
12. hidari mawashi uke
 - a. Migi nukite
13. Turn left 180 degrees (facing hidari)
 - a. Hidari ashi mae

Attacker two hand grab chest

Defender morote gedan nukite, grabbing gi, belt, or flesh of attacker

Turn hands, pivot, turning Attacker to left

Attacker hidari seiken tsuki

Defender Kiba Dachi, migi ashi mae, Hidari mawashi uke, migi furi hiji ate

migi mawashi uke to attackers left arm, Shotei Tsuki to the attacker's chest, push forward into kiba dachi, Migi seiken, palm up

Kata

14. Hidari mawashi uke
 - a. Shomen Zensoku sokusen geri
15. Turn 90 degrees left (facing ushiro)
 - a. Hidari ashi mae
 - b. Morote Hiraken tsuki
 - c. Wari Uke
 - d. Koken furi Nuki
16. Turn left facing shomen
 - a. Koken furi Nuki
 - b. hidari mawashi uke
17. turn left facing hidari

Attacker hidari seiken tsuki

Defender Hidari mawashi uke, shoumen Zensoku sokusen geri

Attacker throat grab

Defender morote Hiraken tsuki to the eyes

(Attacker optional repeat throat grab, or leave hands outstretched)

Defender morote jodan nukite to the throat, Wari uke grabbing the arms and pull into a migi hiza ate

Attacker bear hug from behind

Defender set position, koken furi nuki, turn left, hidari mawashi uke and grab attackers left arm near the elbow, option grab the left wrist with the right hand

Kata

17. facing hidari
 - a. Hidari ashi mae
 - b. Hidari Harai sukui uke,
 - c. migi hirate sukuiage uke,
 - d. hidari hiza uke
18. turn right 180 degrees facing migi
 - a. Migi ashi mae
 - b. Migi Harai sukui uke,
 - c. hidari hirate sukuiage uke,
 - d. migi hiza uke
19. turn left 90 degrees to shomen

Attacker gedan migi mawashi geri, hidari shomen geri

Defender migi hiza uke, blocking mawashi geri, harai sukui uke grab, migi shomen geri under the leg to groin

Attacker gedan hidari mawashi geri, migi shomen geri

Defender hidari hiza uke, blocking mawashi geri, hidari Harai sukui uke, pin attacker's right arm, shouken tsuki to base of the skull

Kata

19. facing shomen
 - a. Hidari ashi mae
 - b. Shomen hajiki
20. Step back
 - a. Migi watari uke,
 - b. Hidari Harai sukui uke
21. Step forward into migi kiba dachi
 - a. Hidari mawashi uke
 - b. Migi furi hiji ate
22. Slide back into migi Sanchin Dachii
 - a. Migi mawashi uke
 - b. Hidari shouken tsuki
 - c. Hidari mawashi uke
 - d. Migi shouken tsuki
 - e. Migi Kamae
23. Step back hidari kamae
24. Step back to Heiko dachi and kamae
25. Ki o tsuke rei

Attacker migi seiken tsuki

Defender step forward Shomen hajiki, pushing seiken down and nukite to eyes

Attacker gedan migi mawashi geri, double seiken (hidari chuudan, migi jodan)

Defender step backward hidari hiza uke (block mawashi geri), Migi mawashi uke, Hidari wari uke

Attacker migi seiken tsuki

Defender Kiba Dachi, Hidari mawashi uke, Migi furi hiji ate, Sanchin dachi

Attacker hidari seiken tsuki

Defender Migi mawashi uke, Hidari shouken tsuki to throat

Attacker slide back, set, step migi seiken tsuki

Defender Hidari mawashi uke, Migi chuudan shouken tsuki to solar plexus and kiai
Kamae

Attacker and defender switch and repeat then switch to original positions and finish together with:

Kata

Hidari ashi mae

19. Step forward into migi kiba dachi
 - a. Hidari mawashi uke
 - b. Migi furi hiji ate
20. Slide back into migi Sanchin Dachi
 - a. Migi mawashi uke
 - b. Hidari shouken tsuki
 - c. Hidari mawashi uke
 - d. Migi shouken tsuki
 - e. Migi Kamae
21. Step back hidari kamae
22. Step back to Heiko dachi and kamae
23. Ki o tsuke
24. Otagai ni rei
25. Shomen ni rei