

# Kenyukai Seisan Bunkai

Bow to Sensei, turn, bow to each other. Kata person turns to front, opens to ready position, hirate gammae, to demonstrate kata.

Attacker on left in hirate gammae faces defender as he demonstrates **kata**:

1. Double ridge hand – Morote haito uchi
2. 3 rising thumb strikes – Boshiken tsuki age
3. Pull down and knee strike – Wari uke and Hiza ate
4. Right foot forward swinging groin strikes with both hands to front and back – Koken
5. Pivot turn to rear – Mowate
6. Groin strikes, circle block – Koken tsuki and Mawashi uke
7. Step through right with groin strikes, circle block – Koken tsuki and Mawashi uke
8. Step through left with groin strikes, circle block – Koken tsuki and Mawashi uke

**First stop** – Defender turns to attacker for **bunkai**:

1. Attacker double throat grab, defender blocks down with double ridge hand strike – Morote shuto uchi
2. Attacker left step punch left, defender left palm block – Shotei uchi osae, 3 boshikens
3. Attacker double throat grab, defender with hands at waist performs rising double boshiken to the face causing attackers arms to open, pulling attacker down into hiza strike to attacker chest.
4. Defender turns back to attacker and takes three steps starting with left foot (no shoulder tap), attacker follows and performs rear bear hug on 3<sup>rd</sup> step. Defender lifts elbows up and performs right groin strike, then drops into deep stance, right elbow strike to rear, turn to right toward opponent and step through with left foot and push opponent back

Attacker on left faces defender as he demonstrates **kata**:

1. Left foot forward, groin strike with circle block – Koken tsuki and Mawashi uke
2. Two handed low area fingertip strike to abdomen, close both hands to one knuckle fists, lift and turn right with shoken ready hands – Morote Gedan nuki, Morote shoken kamae
3. Left circle block into forward leaning stance with vertical elbow strike – Mawashi uke into Zenkutsu dachi with tate hiji
4. Pull right foot back to Sanchin stance, right circle block, left rising thumb strike, left circle block, right spear hand strike – Migi Sanchin dachi, migi mawashi uke, hidari boshiken, hidari mawashi uke, migi nukite

**Second stop** – Defender turns to attacker for **bunkai**:

1. Attacker with both hands towards defenders throat for choke, defender double nukite to abdomen, grab, lift, and turn right with attacker, push attacker away
2. Attacker grabs club and swings down (right to left), defender left wauke into zenkutsu dachi with right tate hiji and right kakushiken to eyes.

Attacker on left faces defender as he demonstrates **kata**:

1. Turn left, left circle block, right hammer fist, right circle block, left rising thumb knuckle – Hidari mawashi uke, tetsui, migi mawashi uke, hidari boshiken
2. Turn to right, right circle block, left spear hand strike – Mawashi uke, hidari nukite
3. Pivot turn 180 degrees – Mowate

**Third stop** – Defender turns to attacker for **bunkai**:

1. Attacker step through with right punch, defender in left stance, steps into attacker, left wauki, right tetsui
2. Attacker steps through with left punch, defender performs right wauki, left boshuken to chin with fingers in eyes, pushing attacker head back.

Attacker on left faces defender as he demonstrates **kata**:

1. Left circle block, left front kick – Hidari mawashi uke, hidari shomen geri
2. Right knee strike to left palm – Hiza ate
3. Push down left palm and 3 shoken – Shoken Gedan tsuki
4. Right hand Sanchin strike – Migi chudan nukite
5. Turn to right, left hand Sanchin strike – Hidari chudan nukite
6. Turn 180 degrees to front, right hand Sanchin strike – Migi chudan nukite

**Fourth stop** – Defender turns to attacker for **bunkai**:

1. Attacker starts right foot forward, steps through with left hand punch, defender slides half circle to the right, left circle block and left front kick
2. Attacker grabs for defenders left knee for take down, defender guides attacker head with left hand into right knee strike. Defender demonstrates 1 shoken punch to attacker base of skull

Attacker on left faces defender as he demonstrates **kata**:

1. 3 circle blocks, left first, with spear hand strikes, while stepping forward – Mawashi uke with nukite

**Fifth stop** – Defender turns to attacker for **bunkai**:

1. Attacker right step punch, left step punch. Defender left step back, right circle block, then right step back, left circle block followed by right nukite under arm

Attacker on left faces defender as he demonstrates **kata**:

1. Left foot forward, left circle block, nukite – Hidari Sanchin dachi, mawashi uke, nukite
2. Slide step into deep stance with preparation for leap back – Yori ashi into Sue goshi dachi
3. Downward scooping block while leaping backward into crane stance – hirai sukui uke with leap into Tsuru no kamae
4. Leap forward while left circle block and right chop, into deep stance then deliver right elbow, back fist, one knuckle punch - furi higi tsuki, uraken and chudan shoken tsuki.

**Sixth stop** – Defender turns to attacker for **bunkai**

1. Sword attack: Boken set up to inside of attackers thigh, return to striking position, swing at front leg, then step through with downward strike
2. Sword defense: Jump back then jump forward with right shuto attacking the arms while supporting the left circle block against the downward sword attack, deliver right roundhouse elbow strike to ribs, back fist to face, one knuckle punch under arm – Forward leap while mawashi uke and shuto tsuki into sue goshi dachi with migi furi higi, uraken, chudan shoken tsuki

Attacker on left faces defender as he finishes **kata**:

1. Repeat leap back then forward and circle block, elbow strike, back fist, one knuckle punch

Attacker and Defender at attention face each other, bow. Both turn to Sensei and bow. – **Rei**.