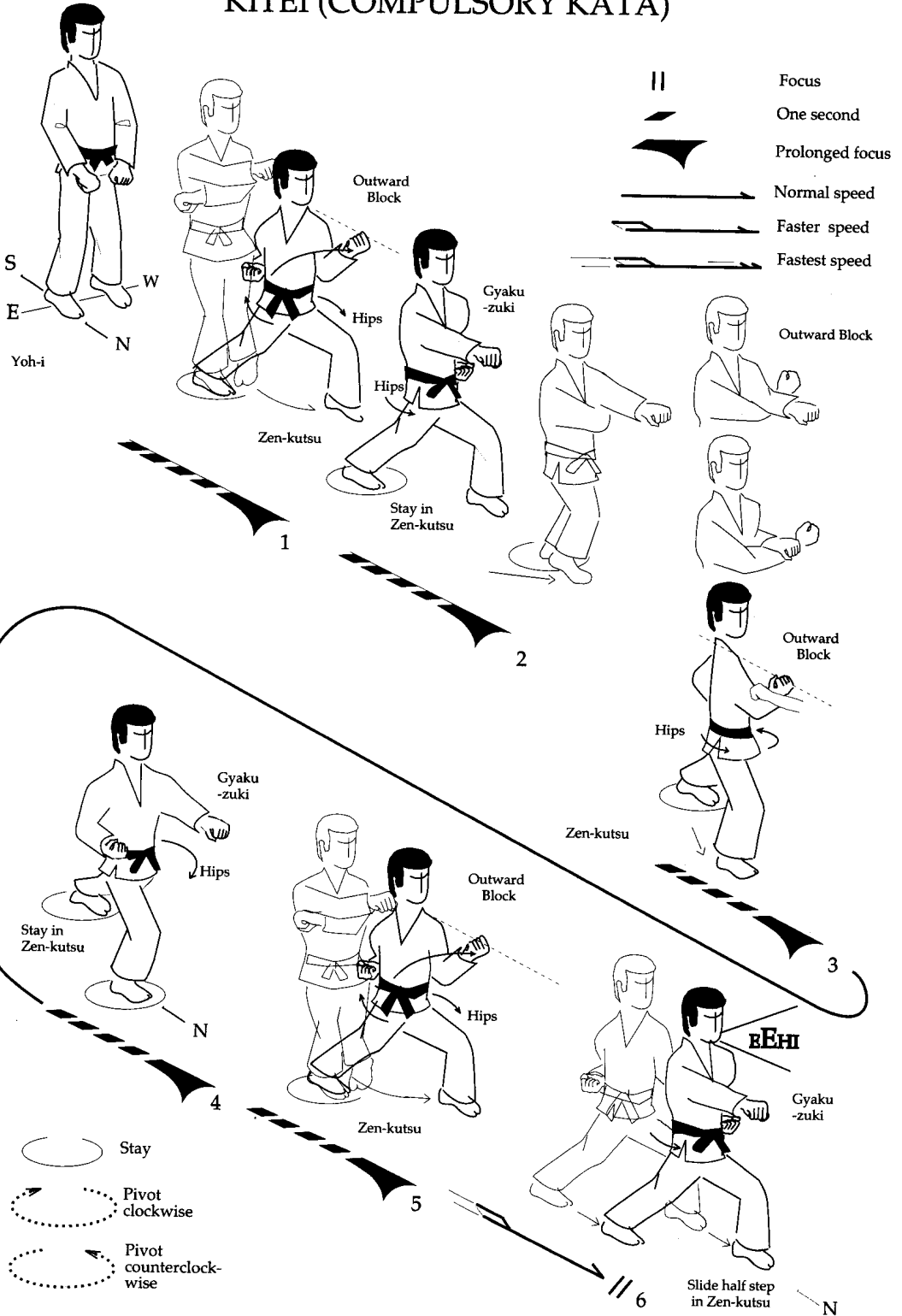
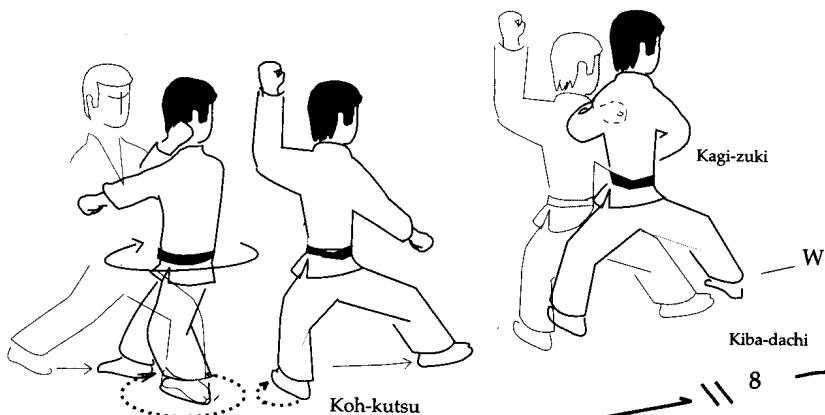


KITEI (COMPULSORY KATA)

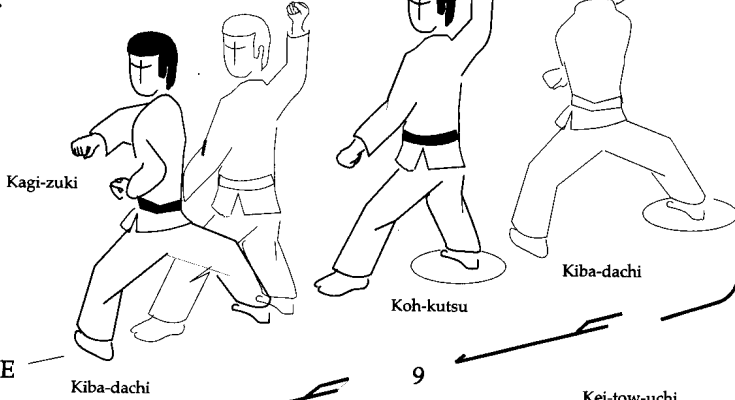




Pivot on the left foot, turn clockwise.

7

8



E

9

10



Kote-gaeshi (kote=wrist, gaeshi=turn) grab

Kote-gaeshi Part-3

Kote-gaeshi Part-2

Kote-gaeshi Part-1



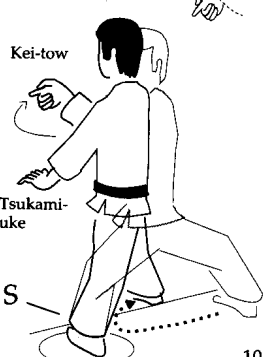
11d



11c



11b



Kei-tow

Tsukami-uke

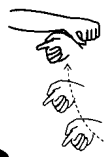
S

San-chin

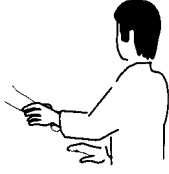
10

11a

Kei-tow-uchi



Kote-gaeshi Part-3



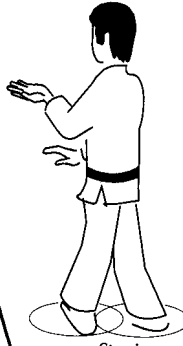
12d

Kote-gaeshi Part-2



12c

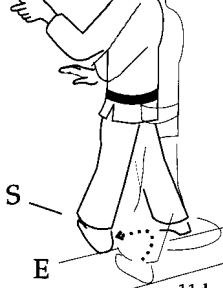
Kote-gaeshi Part-1



Stay in San-chin

12b

Kei-tow



S

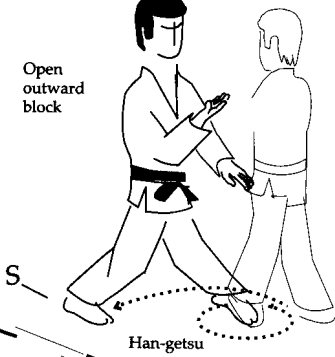
E

San-chin

11d

Pivot on the left foot, turn counterclockwise.

Open outward block



Han-getsu

13a

Kote-gaeshi Kake-te



13b

Open hand outward block



Han-getsu

14a

Kote-gaeshi Kake-te

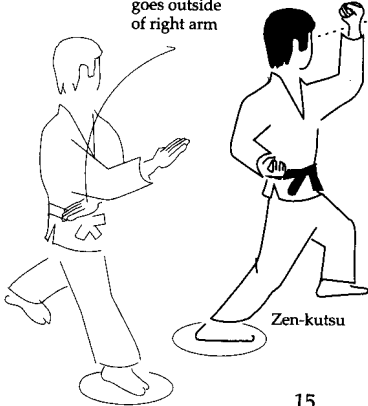


N

14b

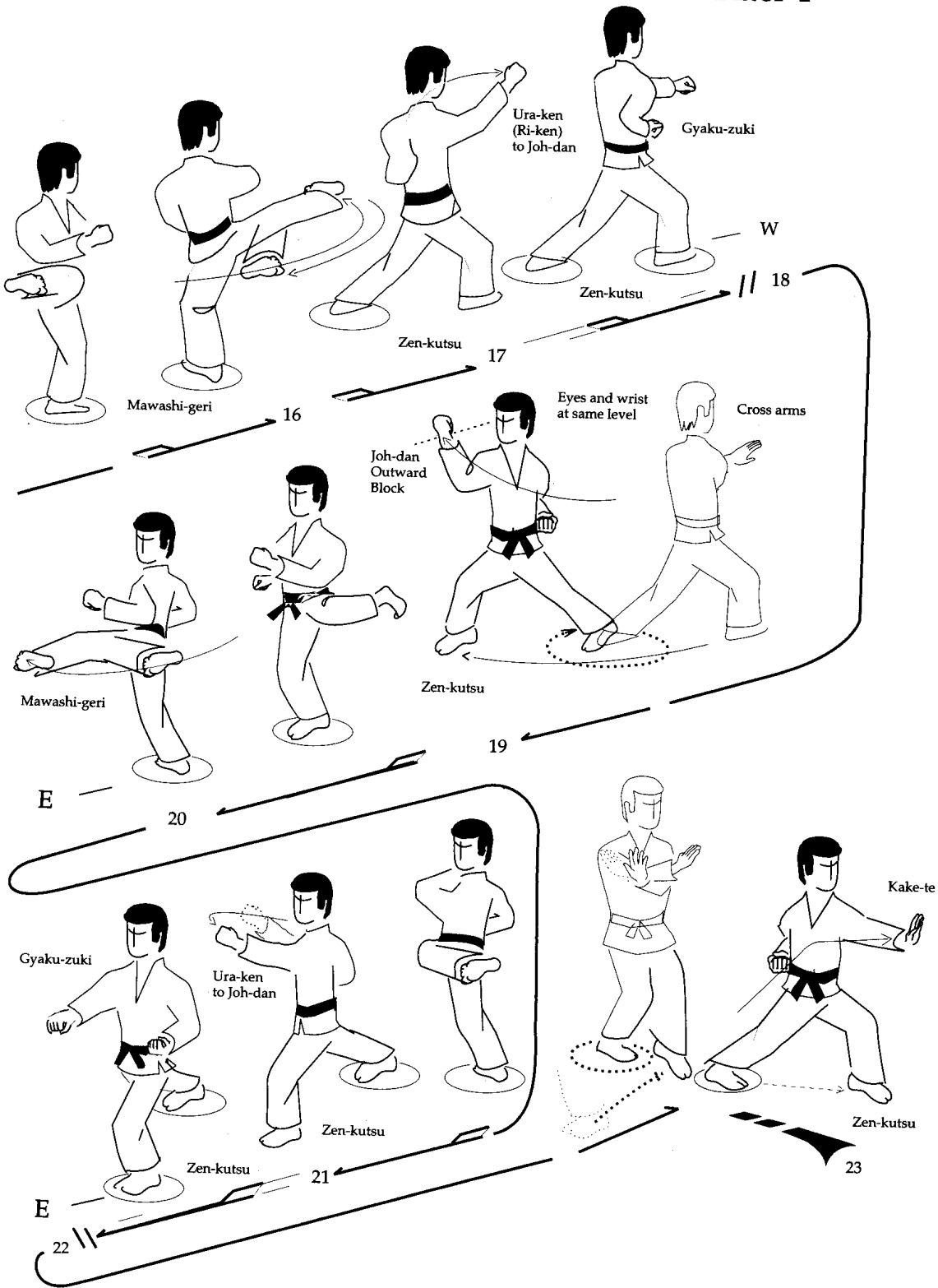
Left arm goes outside of right arm

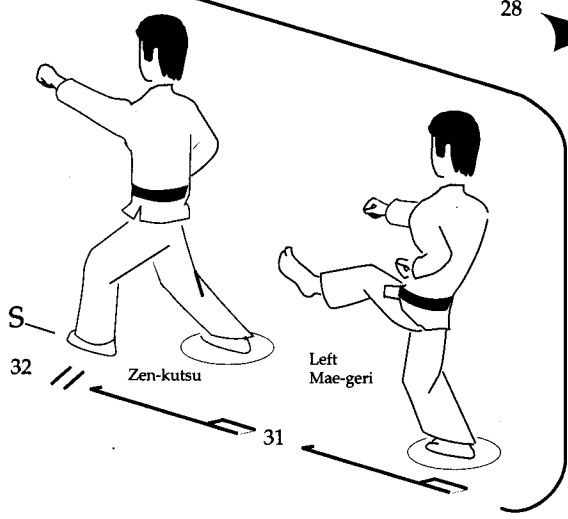
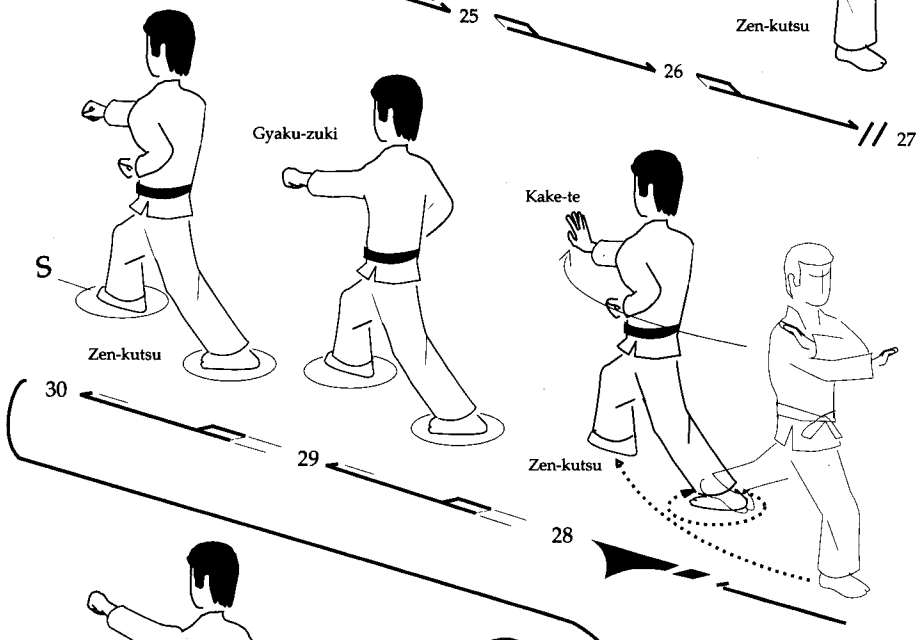
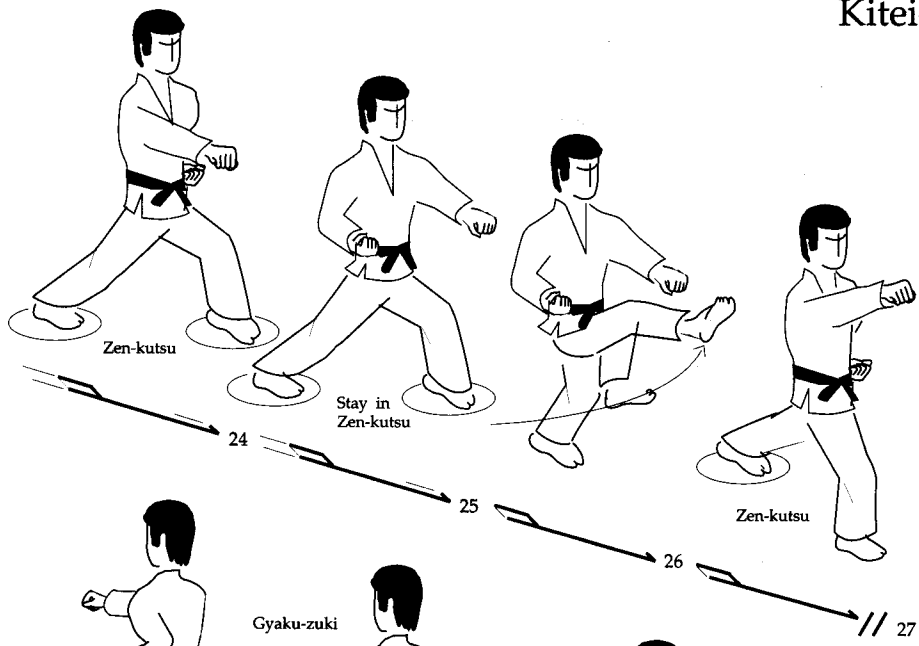
Joh-dan outward block

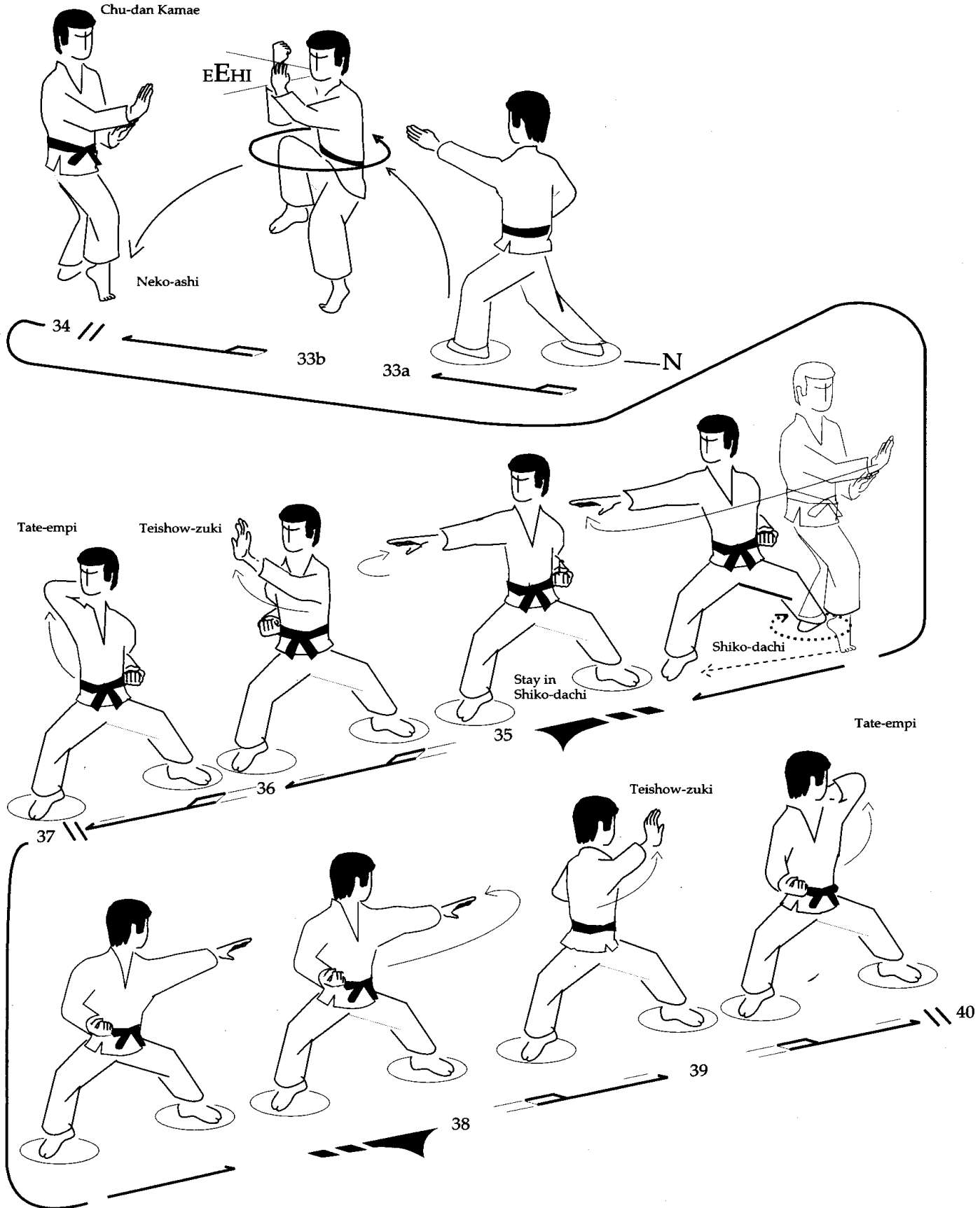


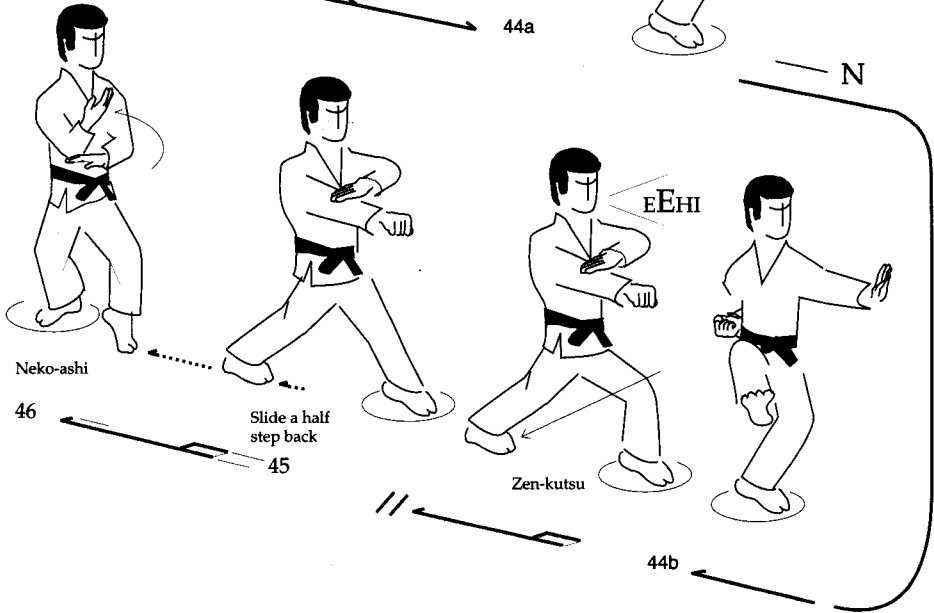
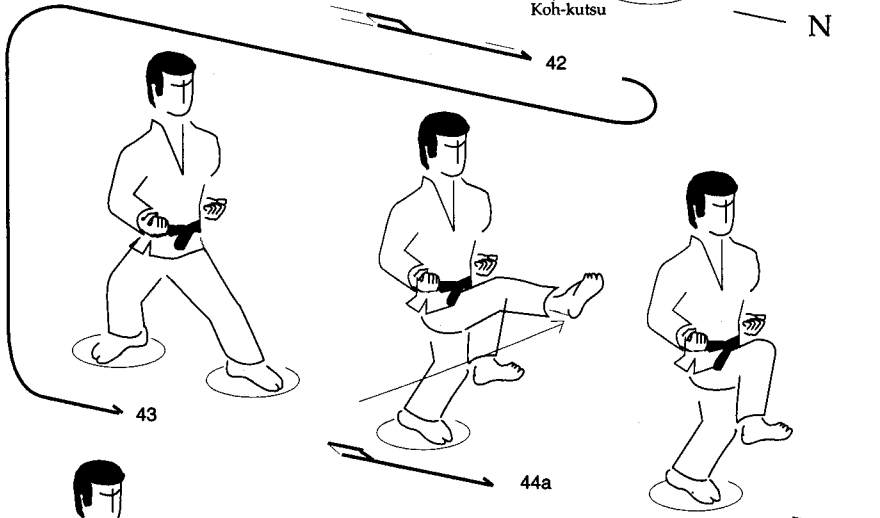
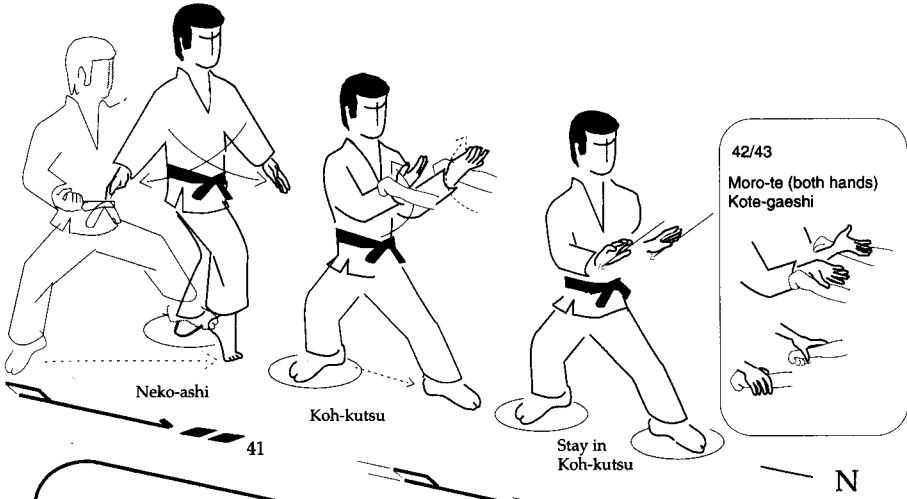
Zen-kutsu

15









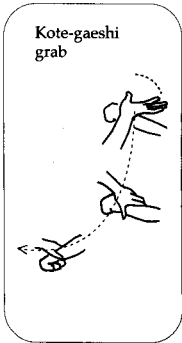


Right wrist block

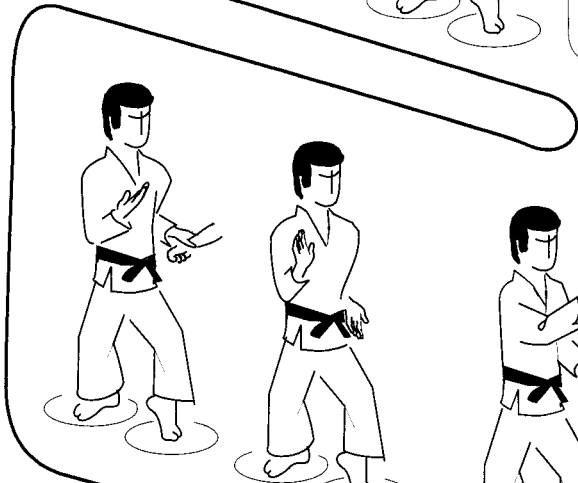
46A



Hook with left wrist at small finger side.



Kote-gaeshi grab

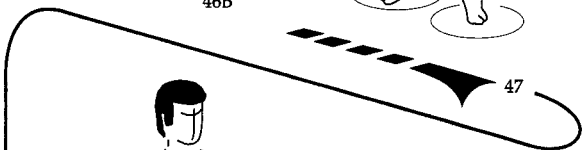


46B

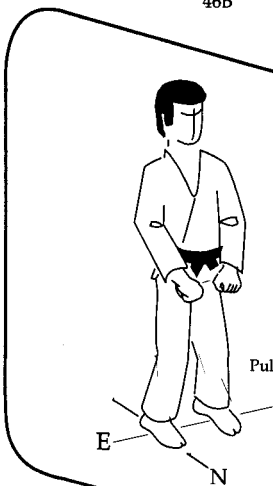


Tei-show

Tei-show



47



Pull the left foot back to the starting position.

E

N

Yame