

Kata with the Count

Seisan

1. Rei
2. Set
3. Ready
4. Step left, block left, punch right
5. Step right, punch left
6. Step left, punch right
7. Double step, double overhead block
8. Look over left shoulder, open hands, turn, double low strike
9. Step right, guard, block, strike, pull (right hand)
10. Step left, guard, block, strike, pull (left hand)
11. Step right, guard, block, strike, pull (right hand), catch, look behind left
12. Pivot, block left hand, punch, punch, kick, punch, catch, look behind right
13. Pivot, block, punch, punch, kick, punch, catch, look to left side
14. Pivot, block, punch, punch, kick, punch, seiunchin stance, high middle block
15. Left foot back into cat stance, catch
16. Step, step into Seisan fighting guard, backfist
17. Step, slide back into cat stance, set down, step across into Chinto, kick, set down Seisan, block right, punch left, seiunchin, high middle block
18. Right foot back into cat stance, catch
19. Step, step into Seisan fighting guard, backfist
20. Step, slide back into cat stance, set down, step across into Chinto, kick, set down Seisan, block left, punch right, Seiunchin, high middle block
21. Left foot back into cat stance, catch
22. Step, step into Seisan fighting guard, backfist, pivot into Seisan stance toward front, low block right, punch left, Seiunchin, high middle block
23. Right foot back into cat stance, open hand middle block
24. Set foot down, kick, punch with kiai
25. Catch foot, twist
26. Set
27. Rei