

# Tsuki No Kata

'MOKUSO' 'TSUKI NO KATA'

'YOI' (open eyes)

IBUKI

START



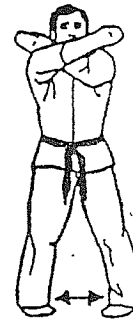
1



2



3

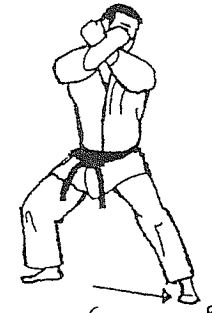


4

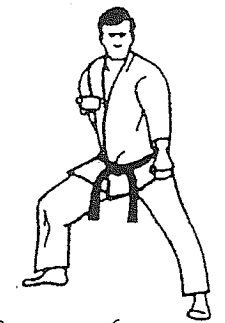


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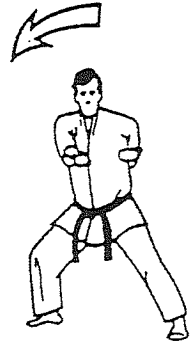
count  
ICHI



6

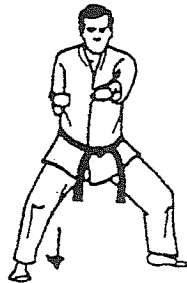


6



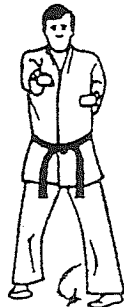
7

count  
NI



8

count  
SAN



9

count  
SHI



10

count  
GO



11

count  
ROKU



12

&

12

count  
SHICHI



13

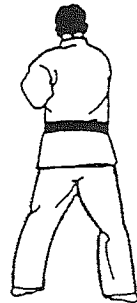


13

&



13A



14

count  
HACHI



14A



15

count  
KU

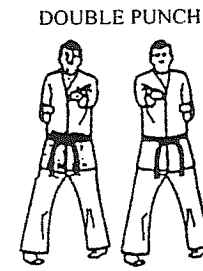


15A



16

count  
JU



16A

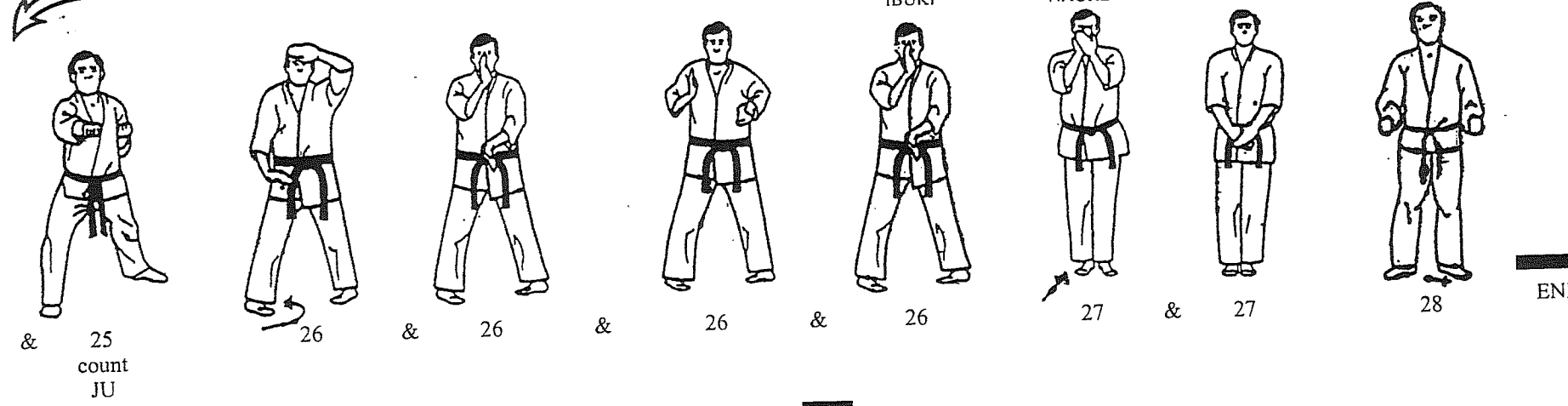
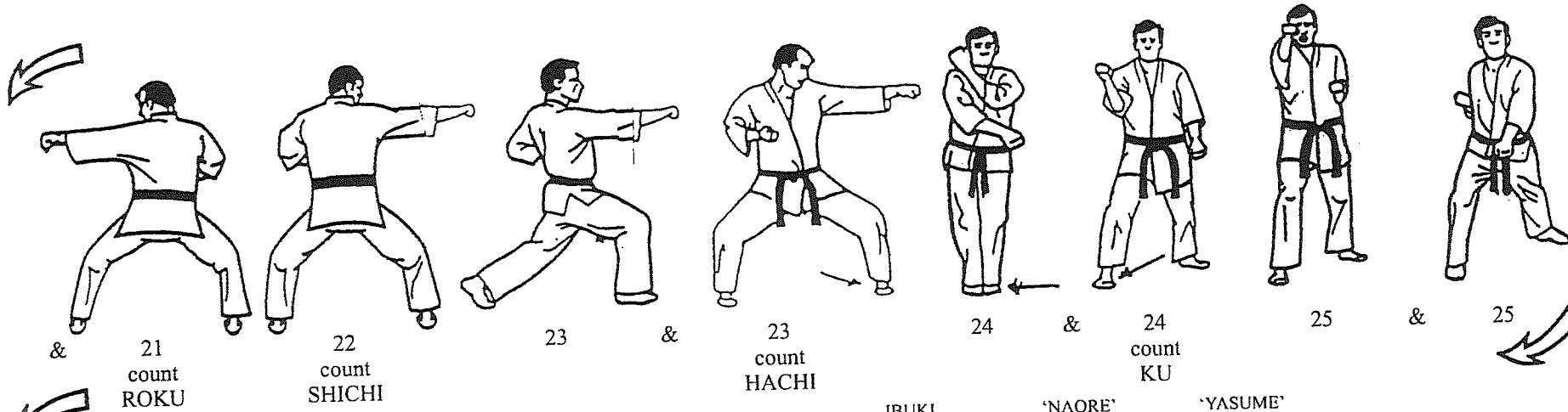
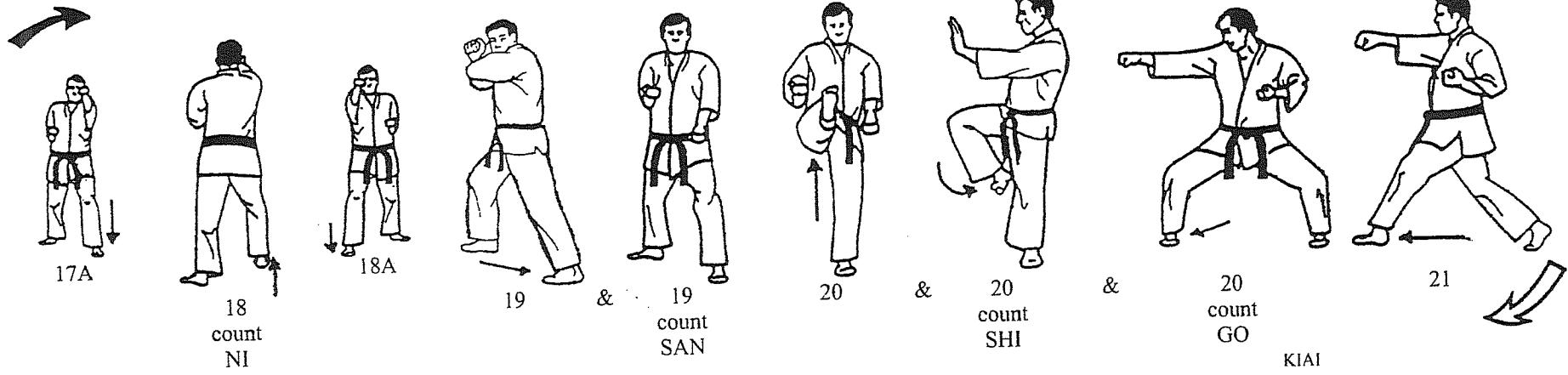
DOUBLE PUNCH



17

count  
ICHI

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# TSUKI NO KATA

- 1) *Fudo dachi*
- 2) *“Mokuso,”*
- 3) *“Tsuki No Kata, (eyes open) yoi”*
- 5) *Uchi hachi ji dachi with ibuki.*
- 6) *Step forward with left leg into 45° kiba dachi, block left gedan barai.*
- 7) *Strike chudan gyaku tsuki.*
- 8) *Step forward into right 45° kiba dachi, strike chudan gyaku tsuki.*
- 9) *Step forward into left sanchin dachi, strike chudan gyaku tsuki.*
- 10) *Step forward into right sanchin dachi, strike chudan gyaku tsuki.*
- 11) *Step forward into left zenkutsu dachi, strike gedan gyaku tsuki.*
- 12) *Step forward into right zenkutsu dachi strike gedan gyaku tsuki, strike chudan oi tsuki.*
- 13) *Pull front leg back then across in a straight line, pivot on the left leg anti-clockwise 180° into left sanchin dachi, block left seiken chudan uchi uke.*
- 14) *Strike chudan gyaku tsuki.*
- 15) *Step forward into right sanchin dachi, slowly block right chudan uchi uke.*
- 16) *Strike seiken left chudan gyaku tsuki, right chudan oi tsuki.*
- 17) *Step forward into left zenkutsu dachi, strike jodan oi tsuki.*
- 18) *Step forward into right zenkutsu dachi, strike jodan oi tsuki.*
- 19) *Take back leg across, pivot anti-clockwise 180° into left zenkutsu dachi, and block left gedan barai.*
- 20) *Kick right chudan mae geri (return the leg to bent position), return leg to tsuru ashi dachi*
- 21) *Turn 90° to the right executing shotei ganmen cover, step to the side with right leg into kiba dachi strike right jun tsuki, "kiai".*
- 22) *Step across with the left, leg pivot clockwise 180° into kiba dachi, strike left jun tsuki.*
- 23) *Turn head 180°, left hand moves across to the right side, into ganmen shotei cover,*
- 24) *Strike right yohon nukite.*
- 23) *Step across with the left leg pivot clockwise 180° into kiba dachi, strike left jun tsuki.*
- 24) *Bring left foot to right foot and step back into right zenkutsu dachi, slowly block right chudan uchi uke/left gedan barai.*
- 25) *Pull right fist slowly back to chest, strike jodan oi tsuki, "kiai" strike gedan gyaku tsuki, chudan oi tsuki.*
- 26) *Step back into right sanchin dachi blocking mae shuto mawashi uke, strike right jodan shotei uchi/left gedan shotei uchi and*
- 27) *Naore - Step back into musubi dachi.*
- 28) *Yasume – Step into fudo dachi.      END*