

## Kun-Tai-Ko Ichi Kata

1. Tai Dachi
2. 90° links; Hidari Gedan Barai Tori
3. Migi Kara Tsuki
4. 180° rechts; Migi Gedan Barai Tori
5. Hidari Kara Tsuki
6. 90° links; Hidari Gedan Barai Tori
7. Migi Kara Tsuki
8. 180° rechts; Migi Gedan Barai Tori
9. Hidari Kara Tsuki
10. 90° links; Hidari Chudan Barai Tori
11. Migi Kara Tsuki
12. 180° rechts; Migi Chudan Barai Tori
13. Hidari Kara Tsuki
14. 90° links; Hidari Chudan Barai Tori
15. Migi Kara Tsuki
16. 180° rechts; Migi Chudan Barai Tori
17. Hidari Kara Tsuki
18. Migi Kara Tsuki
19. Hidari Kara Tsuki Uke
20. Migi Kara Tsuki Uke
21. Tai Dachi
22. Heisoku Dachi
23. Rei