

## Kun-Tai-Ko Yon Kata (nach Shihan Norbert Punzet)

1. Tai Dachi
2. Migi Yoko Geri Chudan Kekomi
3. 180° links Hidari Gedan Barai
4. Migi Mae Geri Chudan Keage
5. Migi Yoko Geri Chudan Kekomi
6. Migi Kara Tsuki
7. Hidari Kara Tsuki
8. Hidari Jodan Barai (ohne Schritt)
9. Migi Kara Tsuki und Hidari Gyaku Kara Tsuki und Migi Nukite (Chudan-Chudan-Jodan)
10. 180° rechts; Migi Gedan Barai Tori
11. Hidari Yoko Geri Chudan Kekomi (Blickrichtung beachten)
12. 90° links; Hidari Gedan Barai
13. Migi Yoko Geri Chudan Kekomi
14. Tai Dachi
15. Heisoku Dachi
16. Rei