

Kun-Tai-Ko Roku Kata (nach Shihan Norbert Punzet)

1. Tai Dach
2. Hidari Gedan Barai
3. Migi Kara Tsuki
4. 90° links; Hidari Age Uke
5. Migi Kara Tsuki
6. Hidari Kara Tsuki Uke
7. Migi Yoko Geri Chudan Kekomi; 90° links Kiba Dach
8. 90° links Hidari Jodan Barai und Mawate Migi Jodan Barai (ohne Schritt)
9. 90° links; Schritt links; Migi Yoko Geri Jodan Kekomi; 90° links Kiba Dach
10. Mawate links; Hidari Gedan Barai und Hidari Jodan Barai
11. Migi Kara Tsuki
12. Mawate; Hidari Gedan Barai
13. Migi Chudan Sambon-Ren Tsuki
14. Hidari Jodan Juji Uke
15. Migi Mae Geri Jodan Keage; Neko Ashi Dach
16. Migi Yoko Geri Jodan Kekomi; 90° links Kiba Dach
17. Heisoku Dach
18. Rei