

BLACK PAW 黒足武道
MARTIAL ARTS ACADEMY

SEPAI

**KATA
BUNKAI**

Application 7.1

Attacker

Defender

Two handed throttle

Hook attacker right arm (inside the throttle) with left hand while Teisho to the attackers left shoulder (Inside the throttle) with right arm.

Take right arm under attackers right upper arm. meet hands together to create an arm lock.

Application 7.2

Attacker

Defender

Right hand straight punch to the chest.

Right leg back Kokutsu Dachi (Backward Long Stance) Left hand palm left to right, right hand kakie uke. Left hand Shuto to attackers neck.

Block outer forearm with left arm

Grab their left hand while Right hand Mawashi Shoto Uchi (Inside Open Knife Strike) to Attackers left neck,
Kick out the attackers left leg and step back
Left hand backfist to the attackers face

Application 7.3

Attacker

Defender

Right hand haymaker punch

Outer forearm block with left hand while performing a right hand Furi Uchi to the attackers head.

Step forward while grabbing attackers head and pulling into left chamber position and twist neck to the right.

Application 7.4

Attacker

Defender

From behind, grab the left shoulder with your right hand

180 turn, pivoting on your Left leg, trapping the attackers right arm under left armpit. Right hand Groin Teisho Strike.

Stepping through with Gedan Barai and a Teisho Jodan while right leg behind the attackers right leg, sinking into Shiko Dachi (Sumo Stance), takedown the attacker.

Application 7.5

Attacker

Defender

Right hand haymaker punch

Left hand Kakie Uke.

Cover over from left to right.

While keeping hold of the arms, right leg kick to their left leg, stepping back with a short punch to the ribs.