

Hiji Uchi Goho

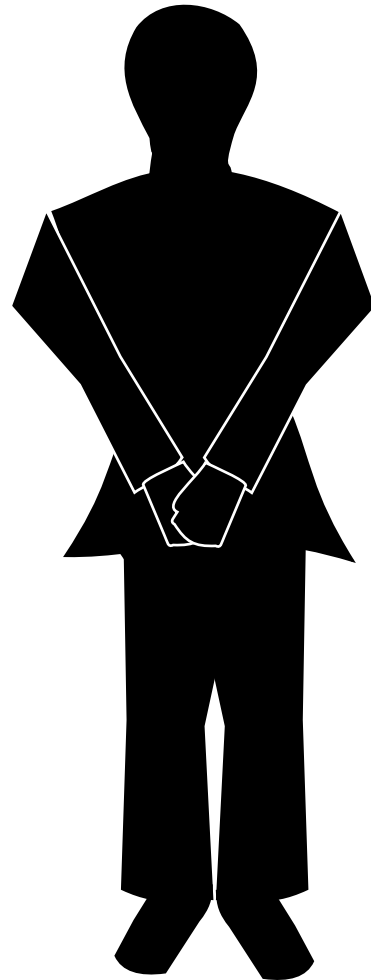
Examination Kata for 10th Kyu

Note: if the move has two parts they are done simultaneously without delay.

Stance: MUSUBI DACHI

Check Points

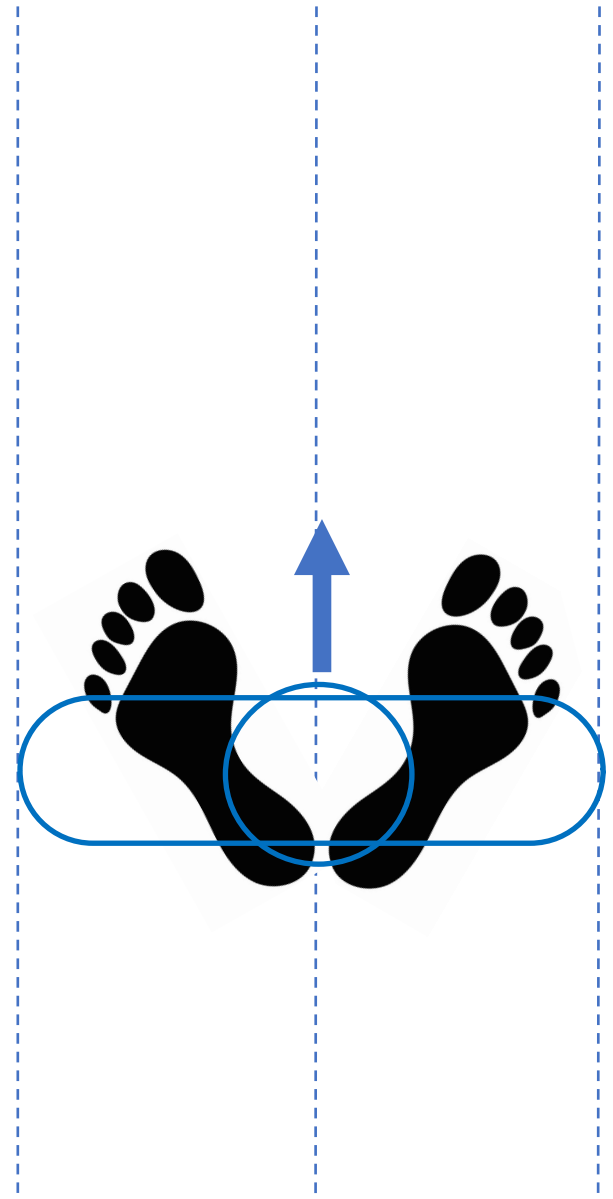
- Left hand over right
- Interlocking thumbs
- Straight arms
- Feet at 30° angle
- Heels touching



Front



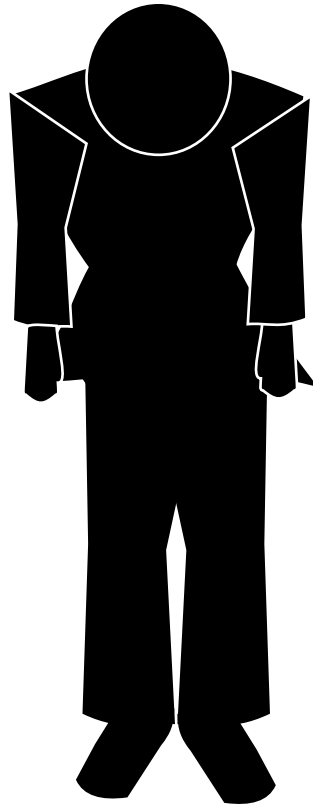
Side



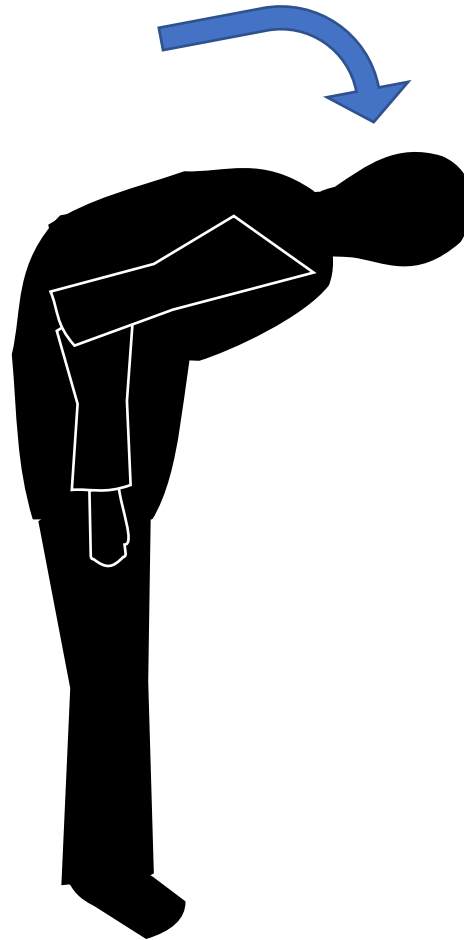
Stance: MUSUBI DACHI

Check Points - Bow

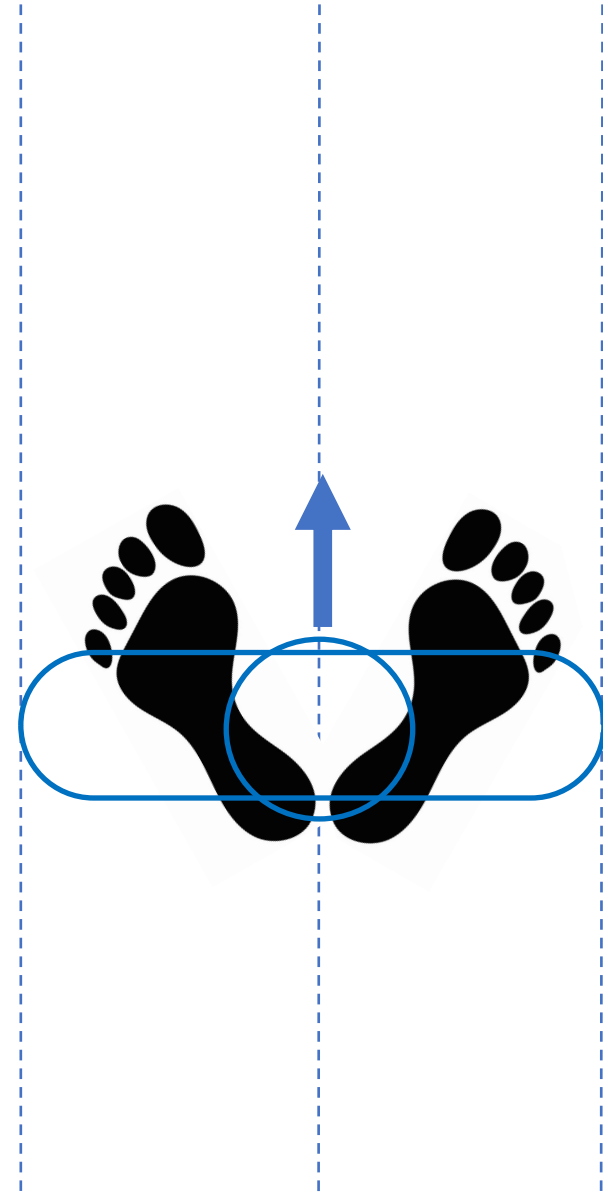
- Arms straight at your sides
- Bow your head at the waist at 45°
- Keep looking forward at about 3 metres ahead
- Pause for a few seconds
- Raise your head back up
- Announce Kata
'Hiji Uchi Goho'



Front



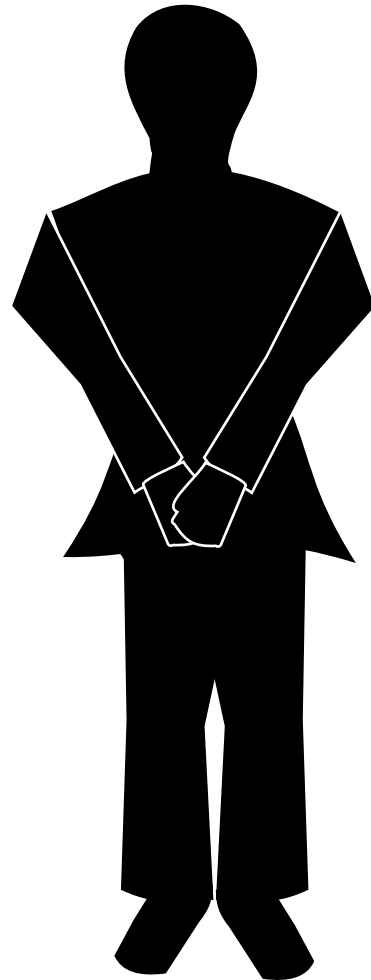
Side



Stance: MUSUBI DACHI

Check Points

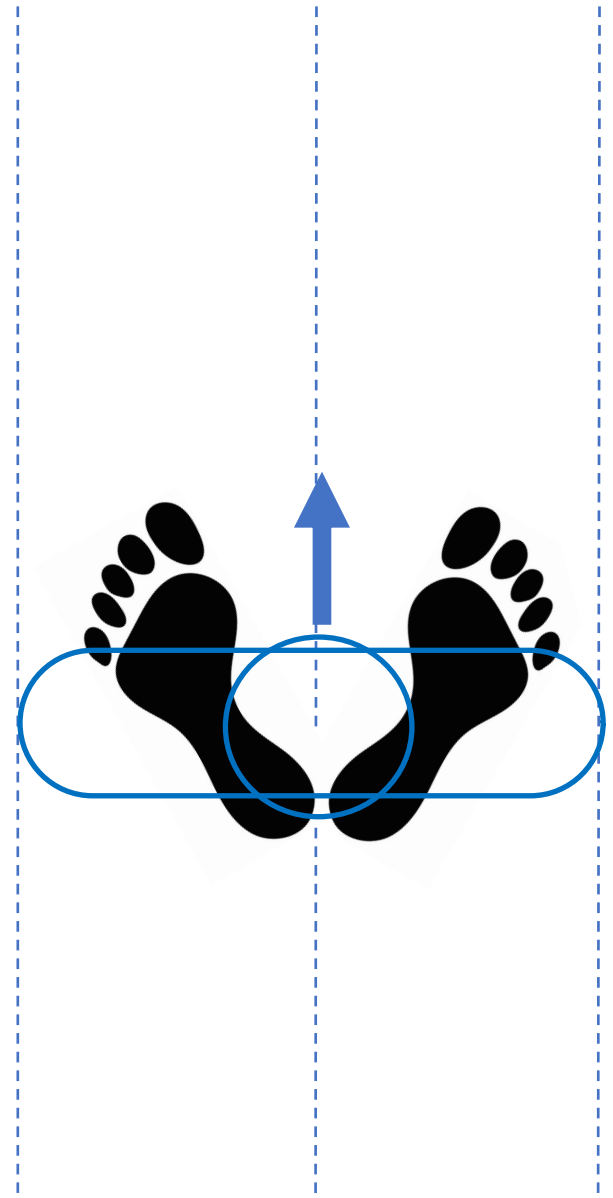
- Left hand over right
- Interlocking thumbs
- Straight arms
- Feet at 30° angle
- Heels touching



Front



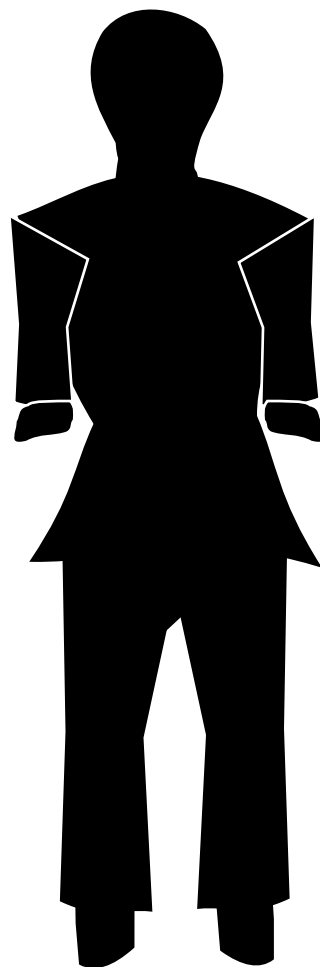
Side



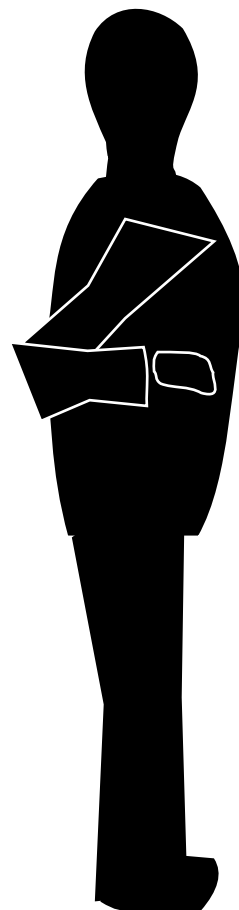
Stance: HEIKOU DACHI

Check Points – Yoi (Part 1)

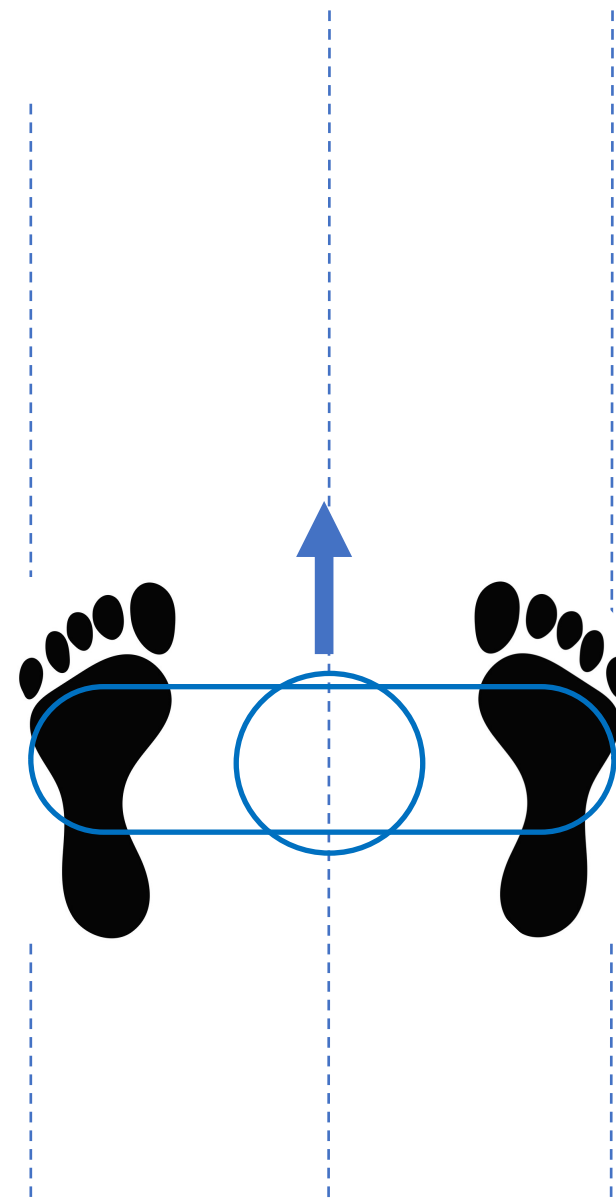
- Quick movement of arms
- Both hands into fists
- Thumbs facing up
- Fist stops at the centre of your body at the bottom of your ribs
- Feet rotate on ball to just wider than shoulder width
- Feet 30° angle.



Front



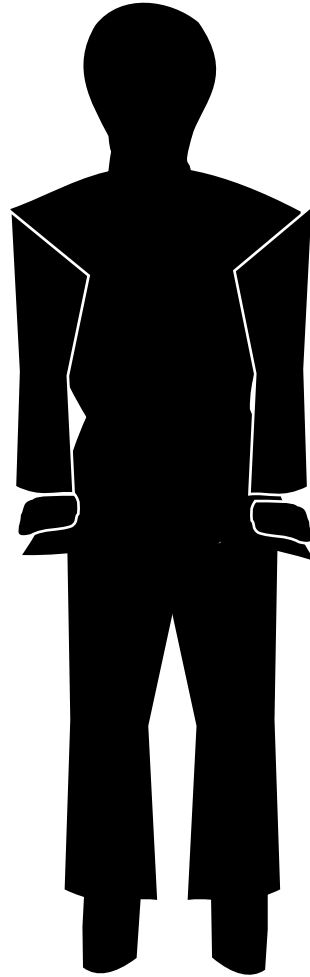
Side



Stance: HEIKOU DACHI

Check Points – Yoi (Part 2)

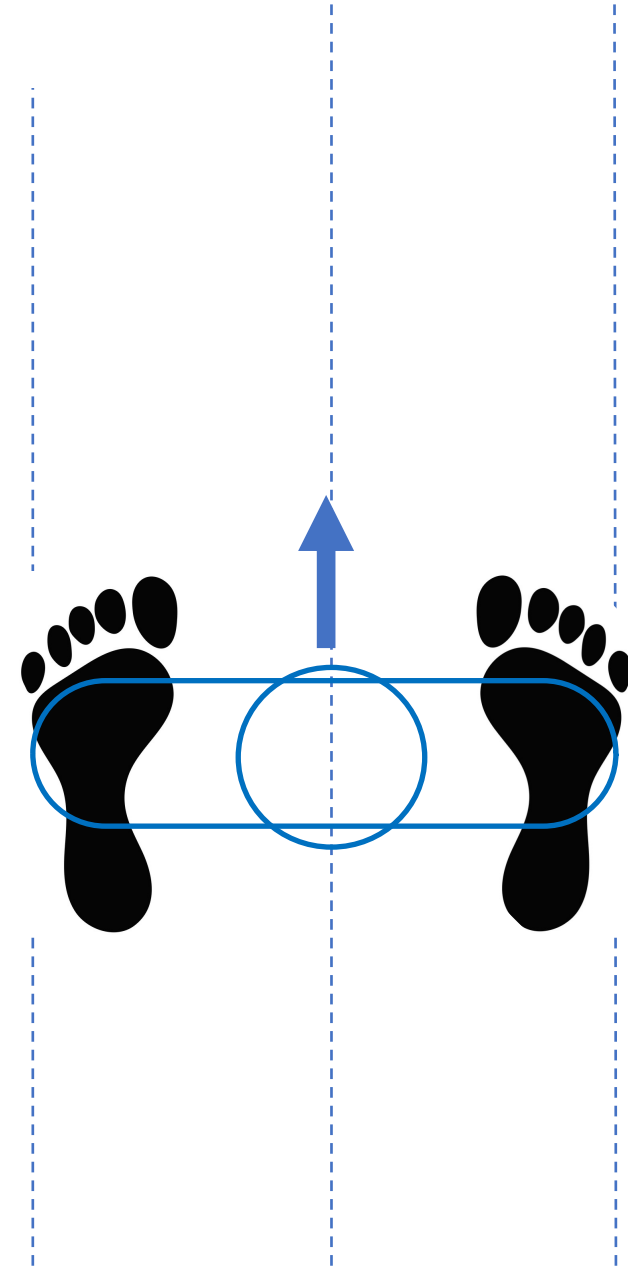
- Arms straight out at 30° angle
- Fists with thumbs down and slightly turned in
- Rotate your heels inward using the balls of your feet so that they are straight at shoulder width.



Front



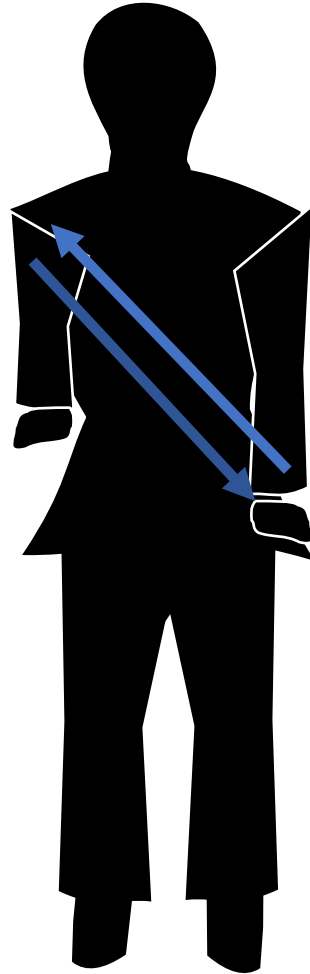
Side



Stance: HEIKOU DACHI

Check Points – 1st Move

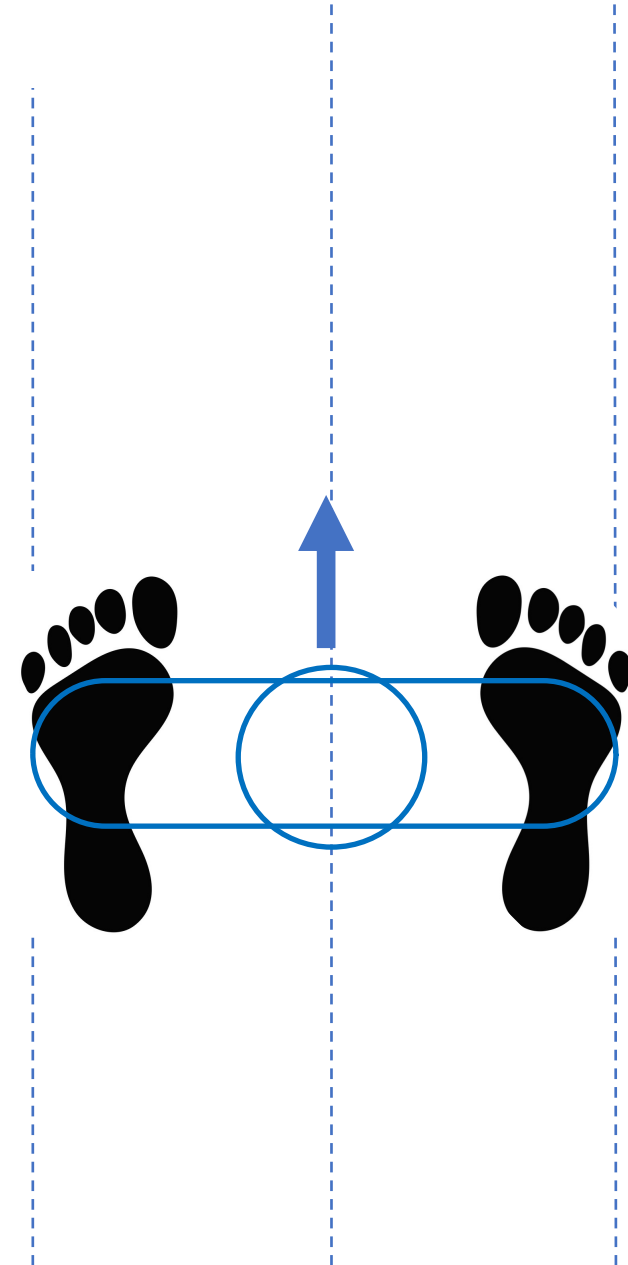
- Left fist moves to your right shoulder (fist facing downwards)
- Move left fist down to block
- Move right arm backwards and make into a fist with thumbs up
- Fist stops at the centre of your body at the bottom of your ribs.
- Kiai on block



Front



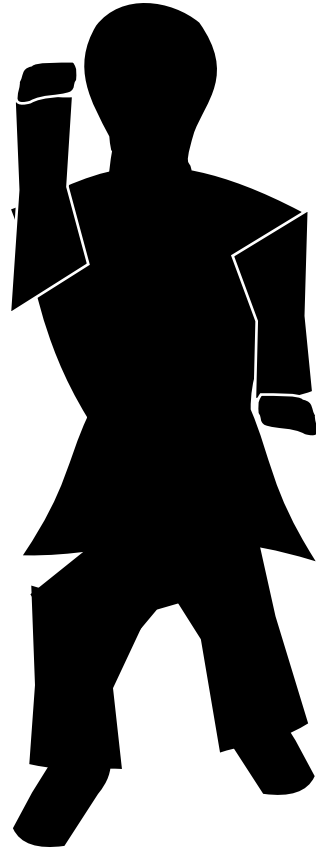
Side



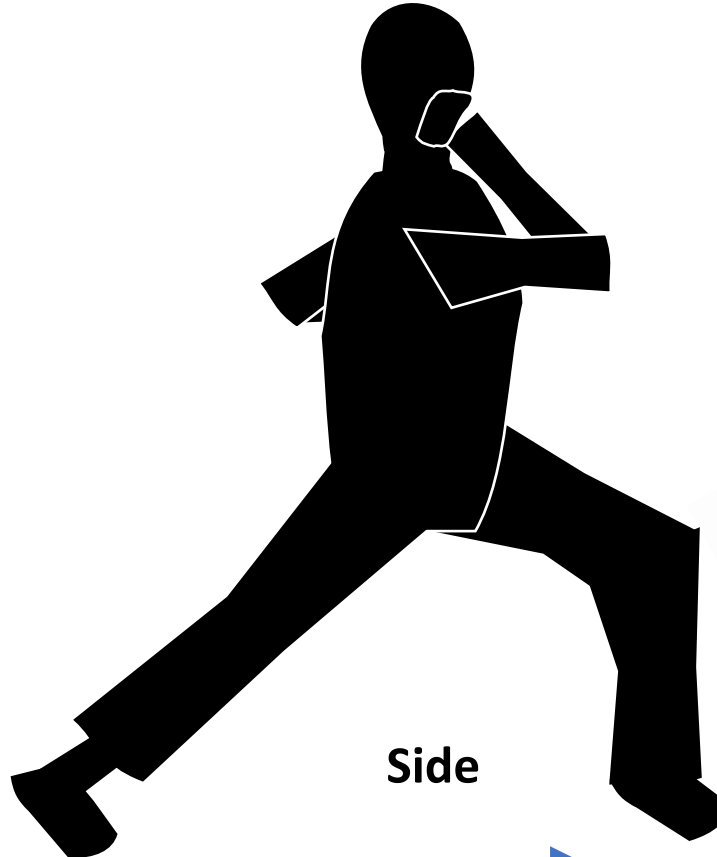
Stance: ZEN KUTSU DACHI

Check Points – 2nd Move

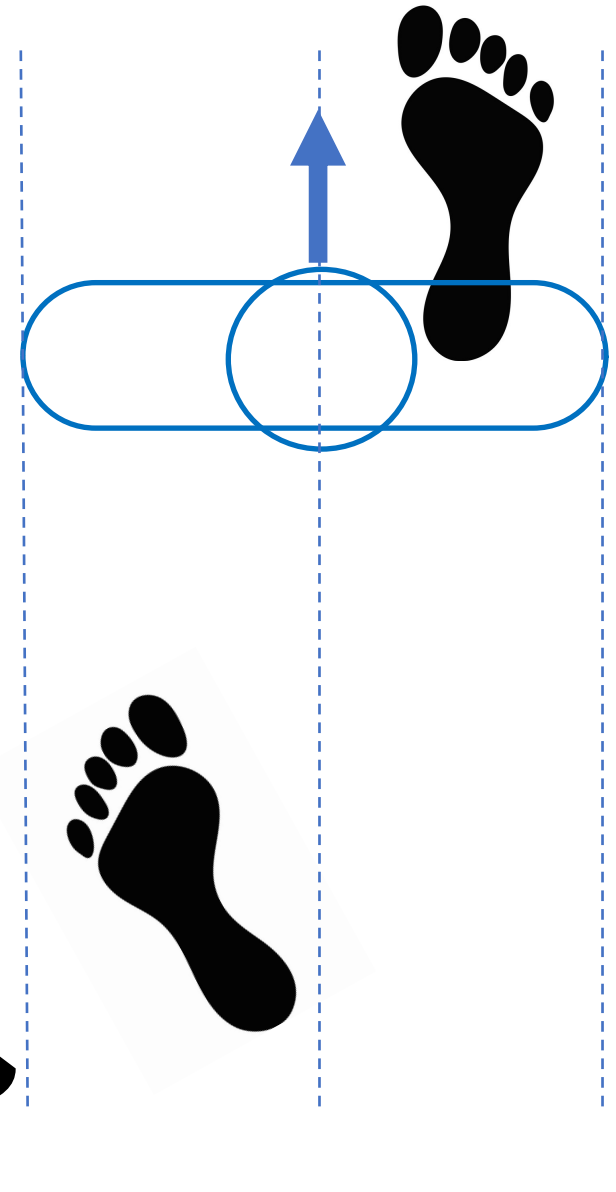
- Left fist back to just below your ribs, thumbs up
- At the same time raise your right elbow up
- Right arm (shoulder to elbow) should be so level
- Right fist should be next to your eye with thumbs inward
- Move your right leg forward into a long stance
- Kiai with elbow



Front



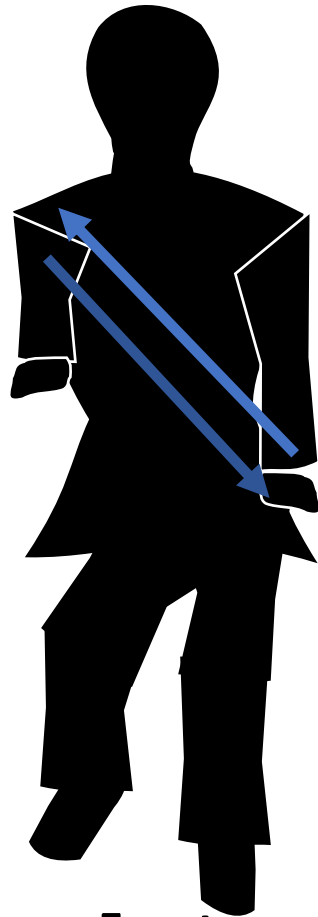
Side



Check Points – 3rd Move

Stance: NEKOASHI DACHI

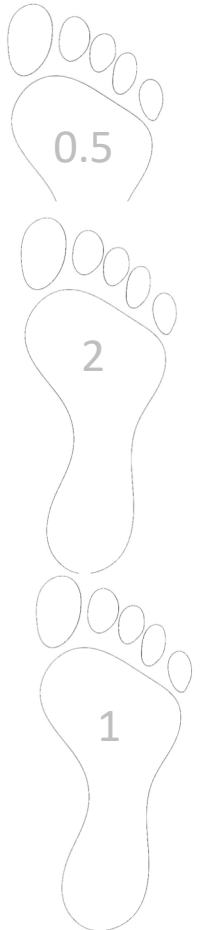
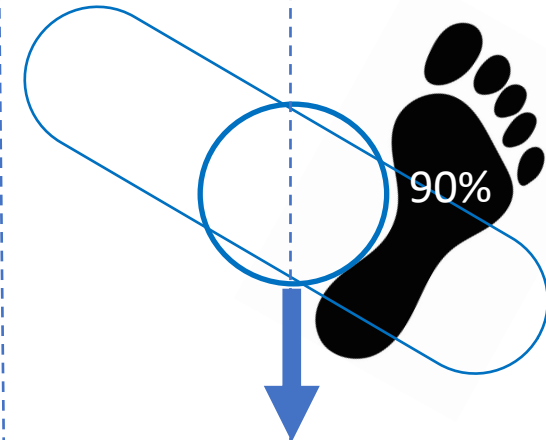
- Left fist moves to your right shoulder (fist facing downwards)
- Left fist down to block
- Right elbow moves backwards so your fist is level with the bottom of your ribs
- Move your right leg backwards, past your left leg (which doesn't move) – 2.5 feet gap between them
- Bend both legs putting most of the weight on the right
- Only on ball of your left foot
- Look backwards over right shoulder
- Kiai on block



Front



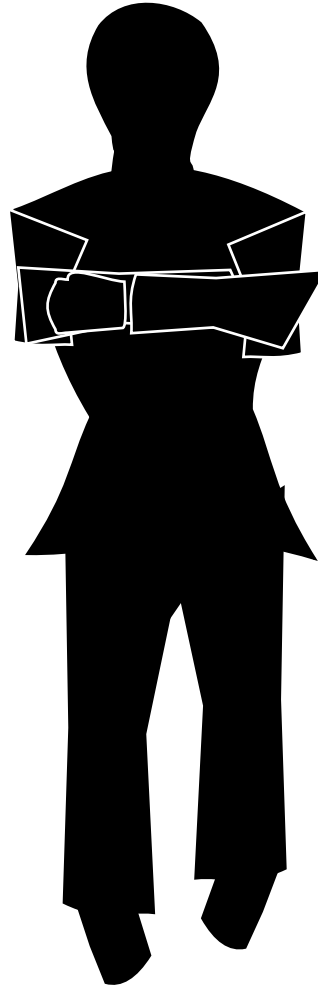
Side



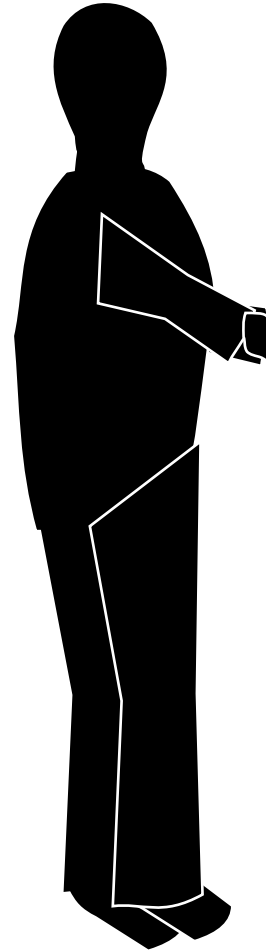
Stance: SANCHIN DACHI

Check Points – 4th Move

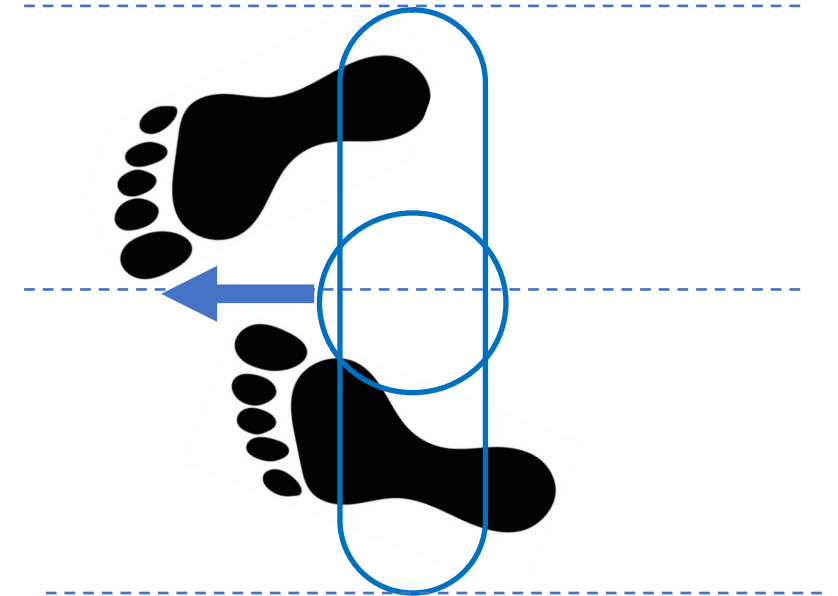
- On ball of your left foot rotate 90° to the left and step with right foot
- Stay low in your stance until you are in your stance, then rise up
- Move your right arm level at chest height in a fist, thumbs down
- Move left arm to strike the flat of your hand to your right elbow
- Right arm should also be level with chest
- Left arm is outside of right
- Kiai when hitting elbow



Front

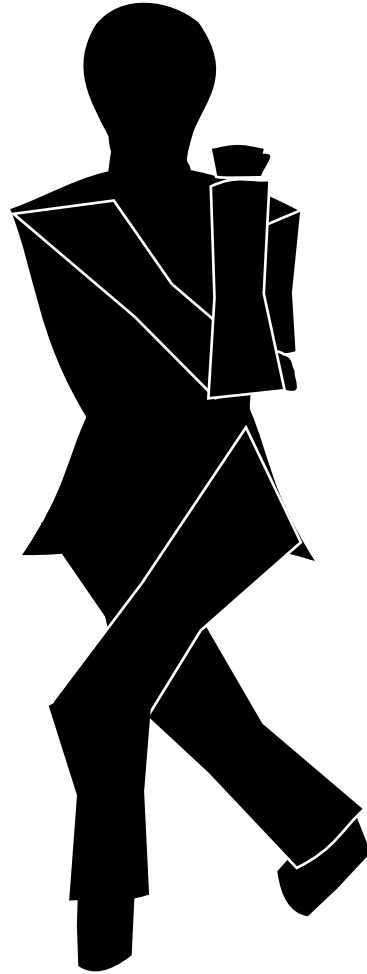


Side

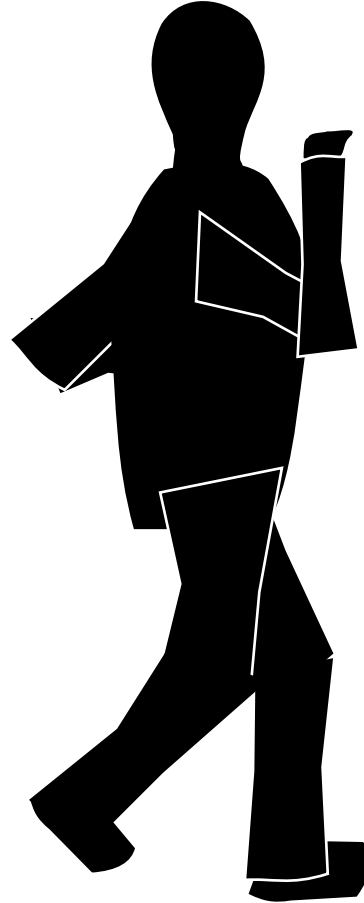


Check Points – 5th Move (Part 1)

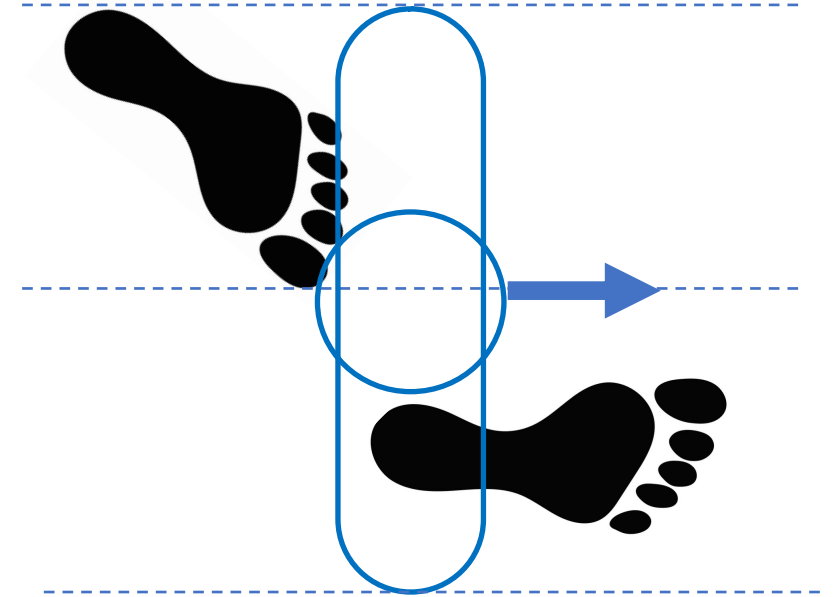
- Rotate your body 180° anticlockwise by rotating on the balls of your feet
- Put your right knee into the back of your left knee for balance
- Bend both your knees
- Move your right arm across your body to block



Front



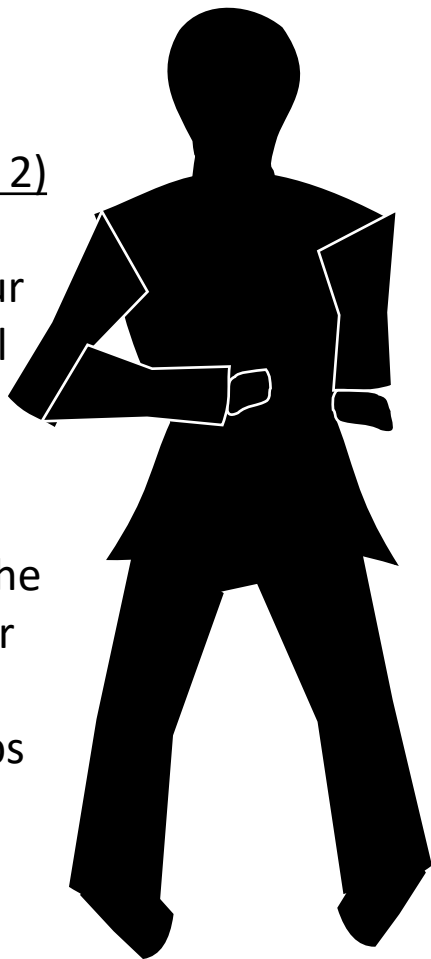
Side



Stance: NAIFANCHIN DACHI

Check Points – 5th Move (Part 2)

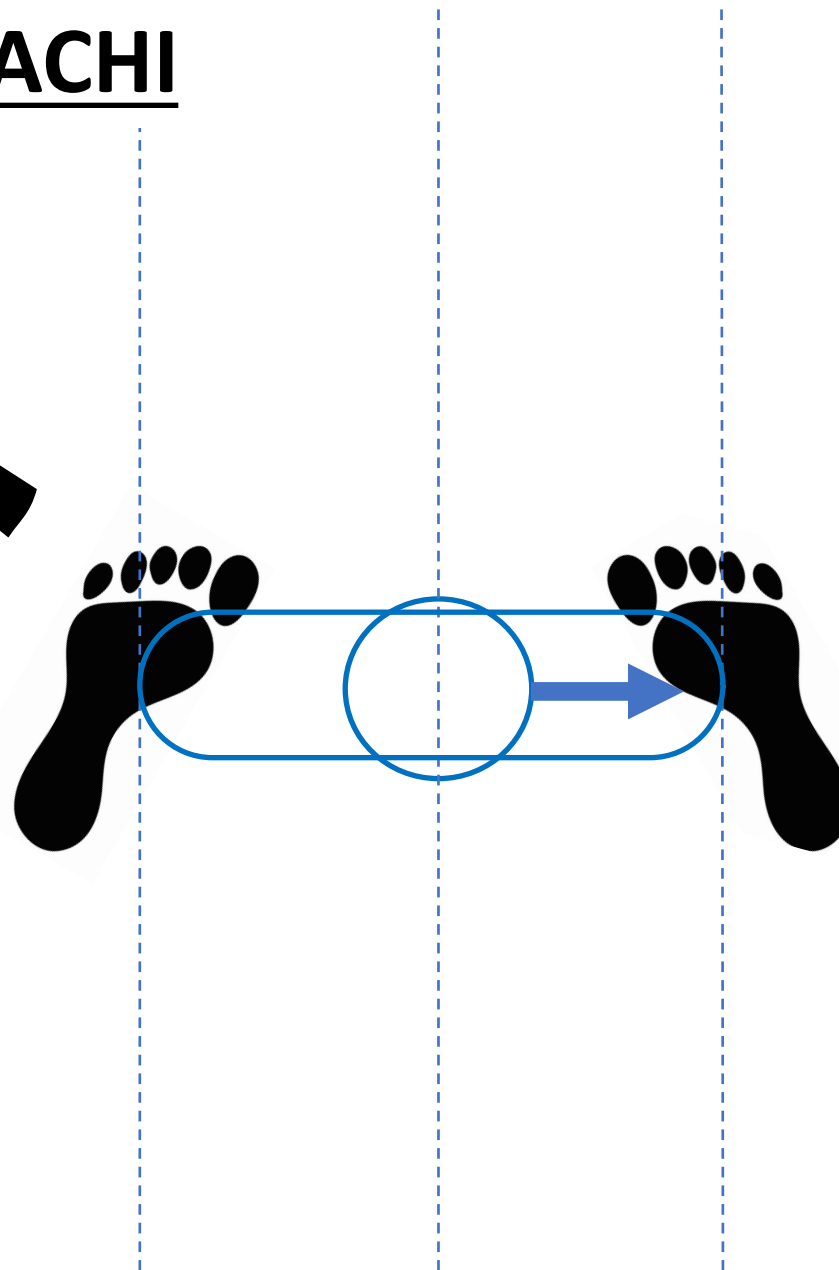
- Step your right leg over your left so that they are parallel facing forward
- Rotate on the balls of your feet to the new stance
- Move your right elbow to the right at chest height so your arm is level and your fist is just below your ribs, thumbs up
- Kiai on elbow



Front



Side

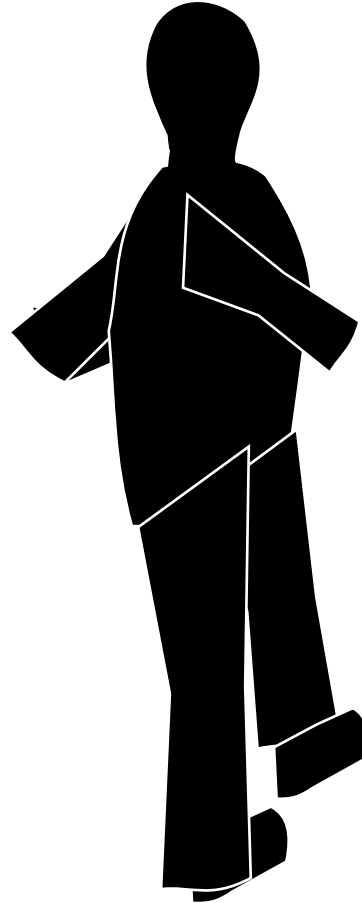


Check Points – 6th Move
(Part 1)

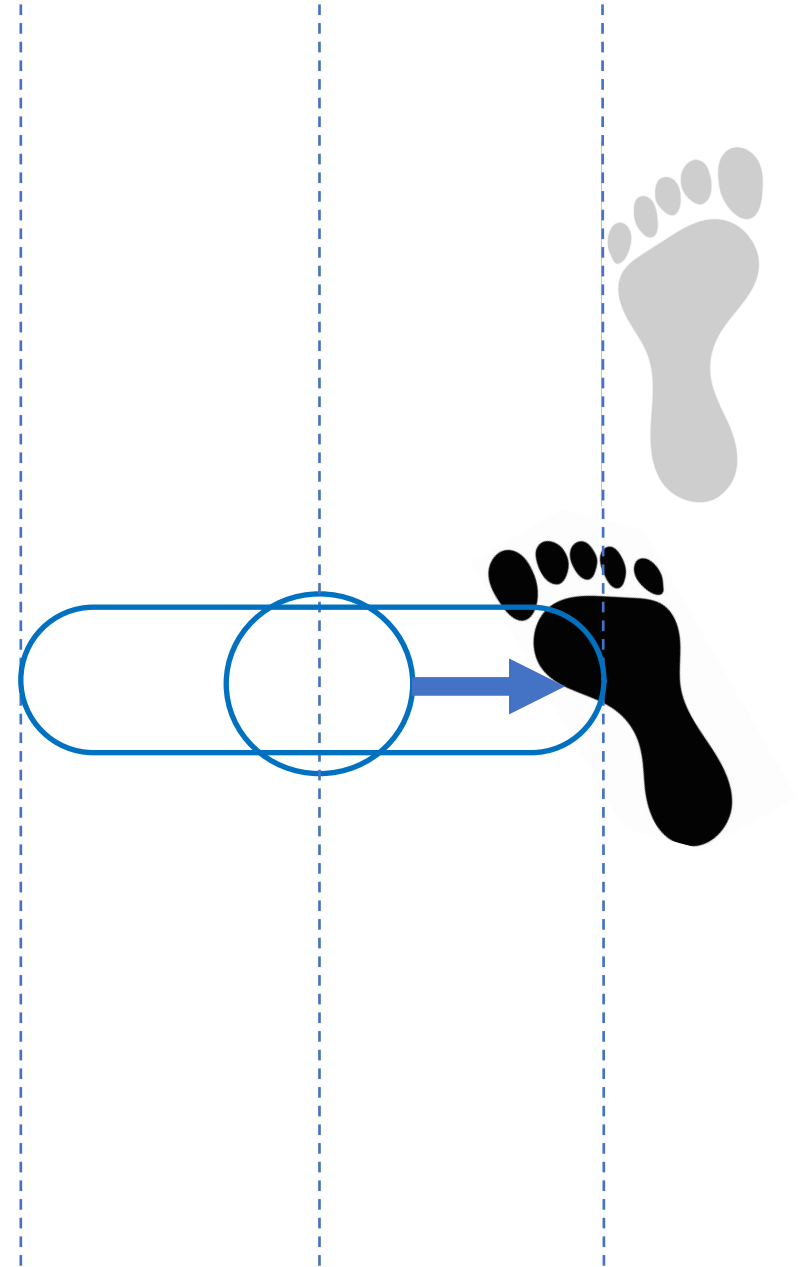
- Step your left leg over your right to a 30° angle to sweep the opponent



Front



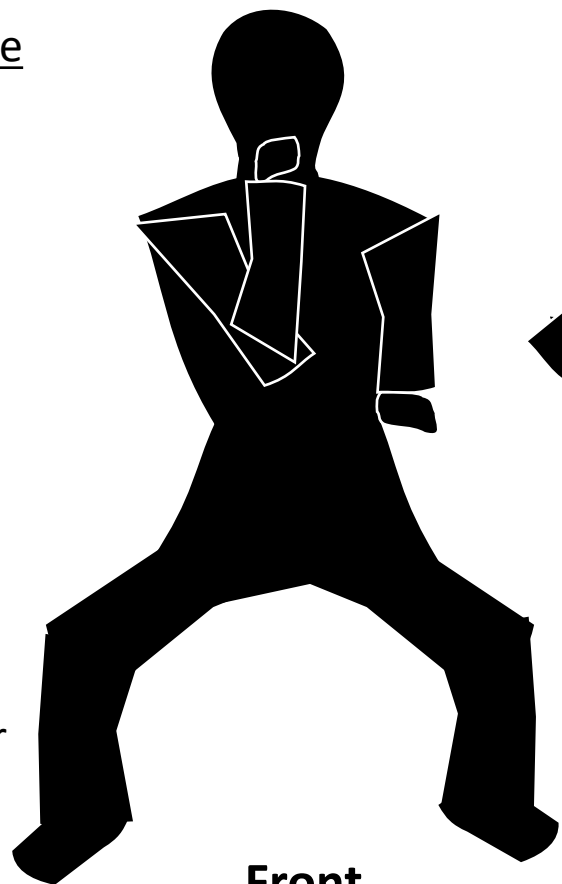
Side



Stance: SHIKO DACHI

Check Points – 6th Move (Part 2)

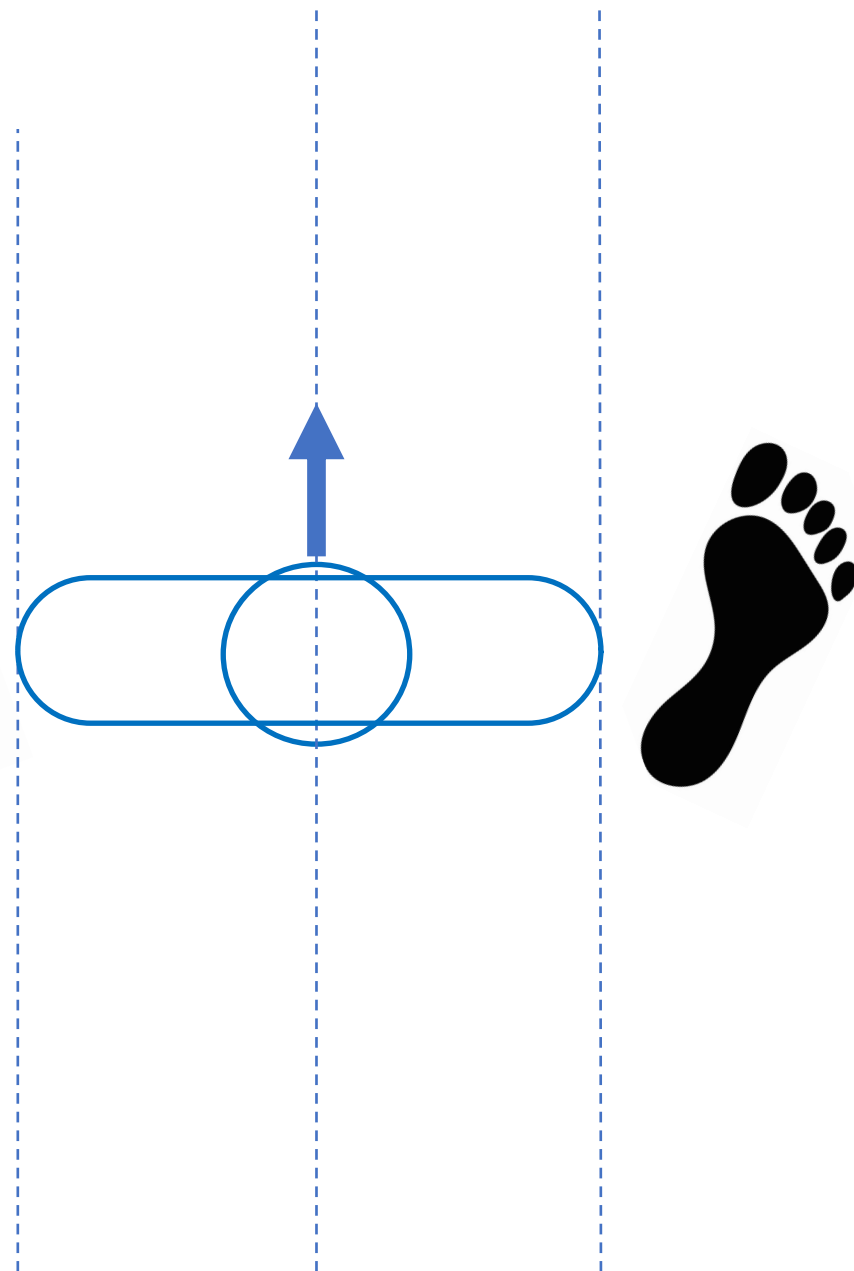
- Step your left leg after the sweep to wider than shoulder width
- Move your right elbow up, then straight down with the fist stopping just below eye level
- Hold this position for 3 seconds
- Kiai with elbow



Front



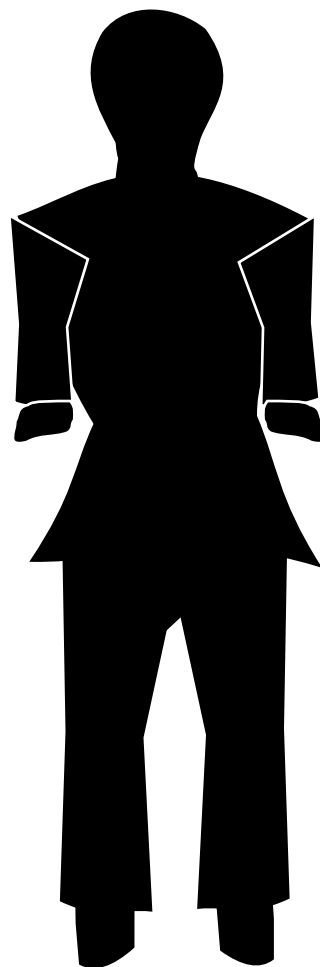
Side



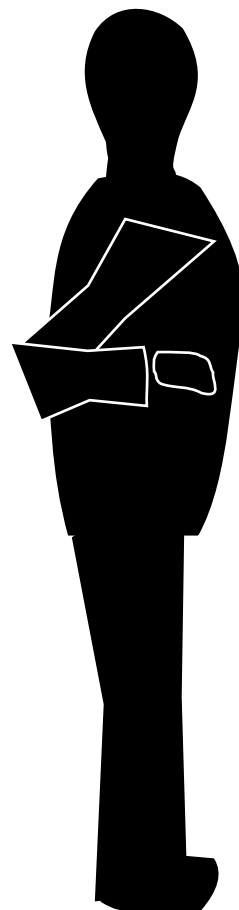
Stance: HEIKOU DACHI

Check Points – Yoi (Part 1)

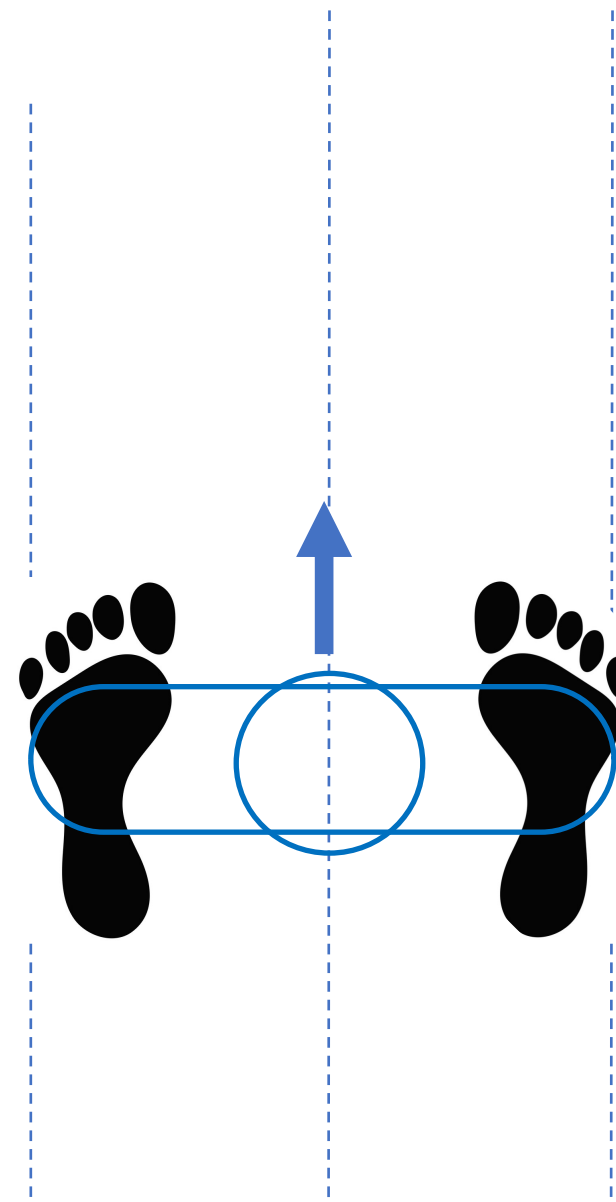
- Quick movement of arms
- Both hands into fists
- Thumbs facing up
- Fist stops at the centre of your body at the bottom of your ribs
- Left leg moves inwards to position feet just wider than shoulder width
- Feet 30° angle.



Front



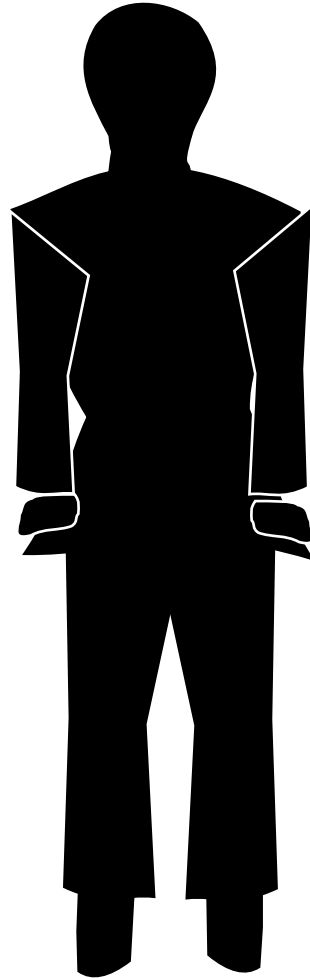
Side



Stance: HEIKOU DACHI

Check Points – Yoi (Part 2)

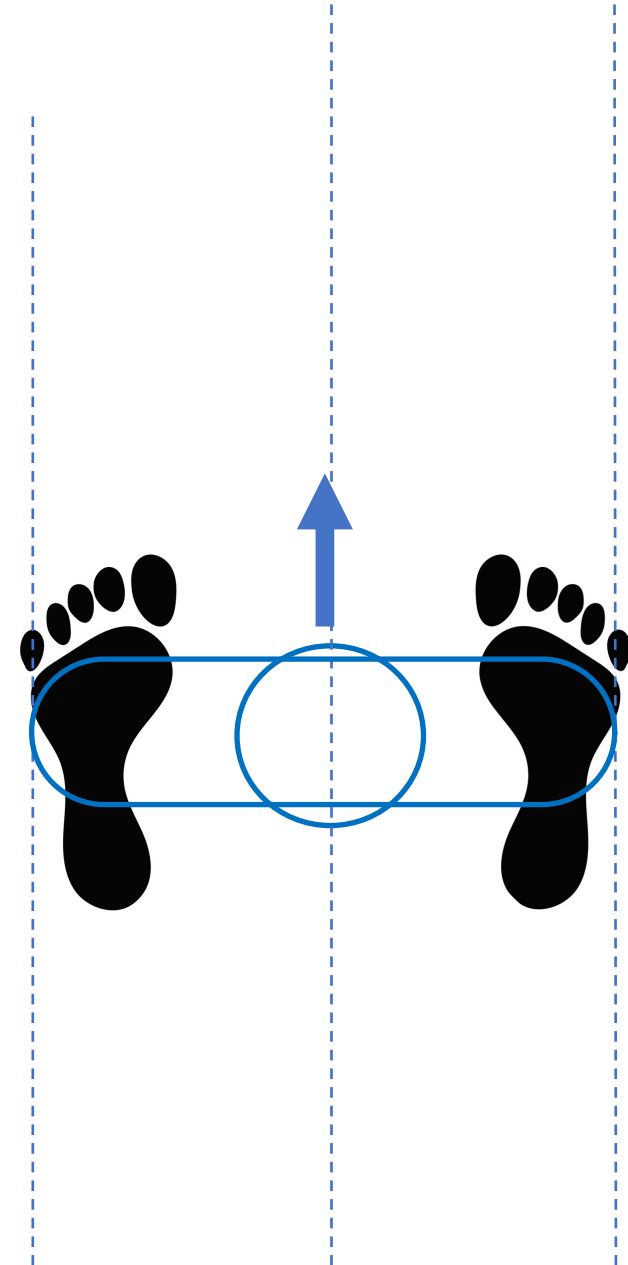
- Arms straight out at 30° angle
- Fists with thumbs down and slightly turned in
- Rotate your heels inward using the balls of your feet so that they are straight at shoulder width.



Front



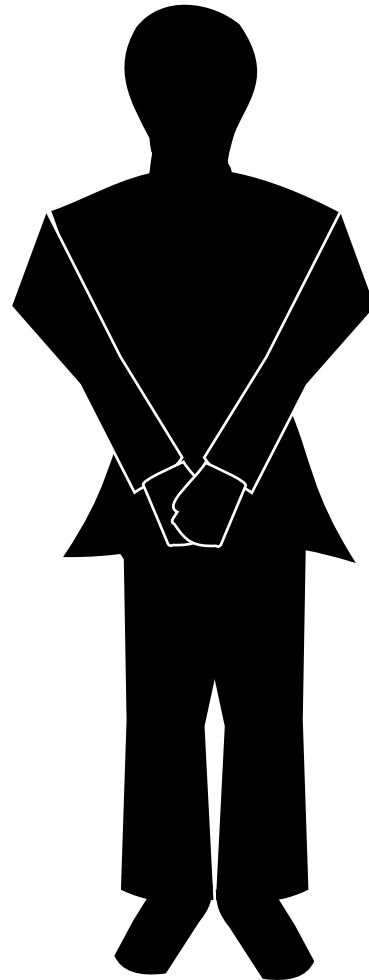
Side



Stance: MUSUBI DACHI

Check Points

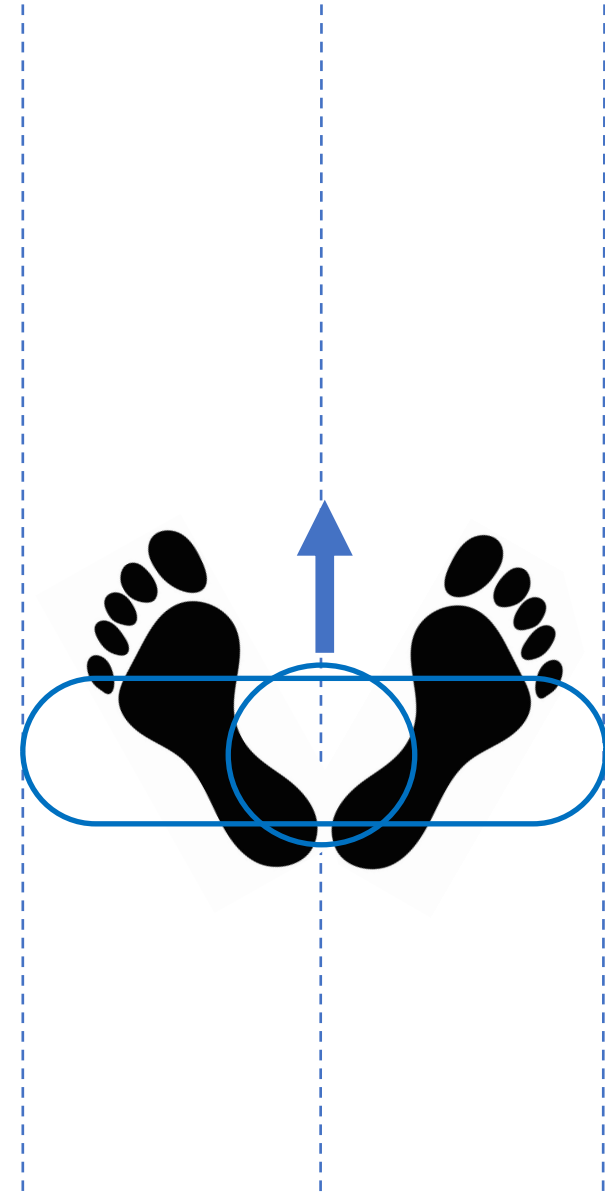
- Left hand over right
- Interlocking thumbs
- Straight arms
- Left foot moves in to right
- Feet at 30° angle
- Heels touching



Front



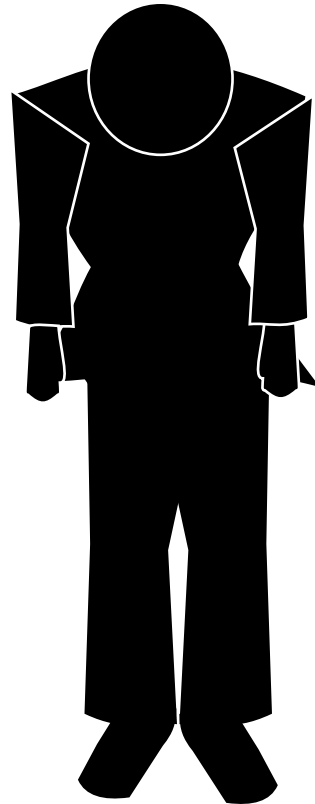
Side



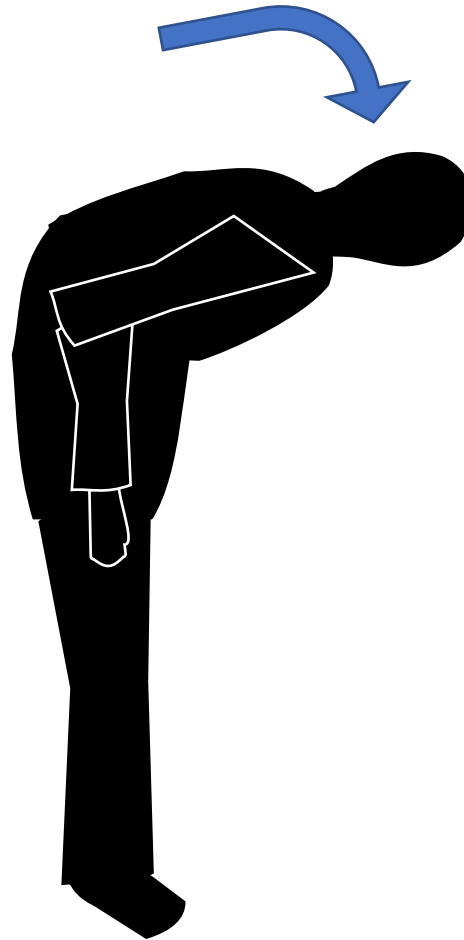
Stance: MUSUBI DACHI

Check Points - Bow

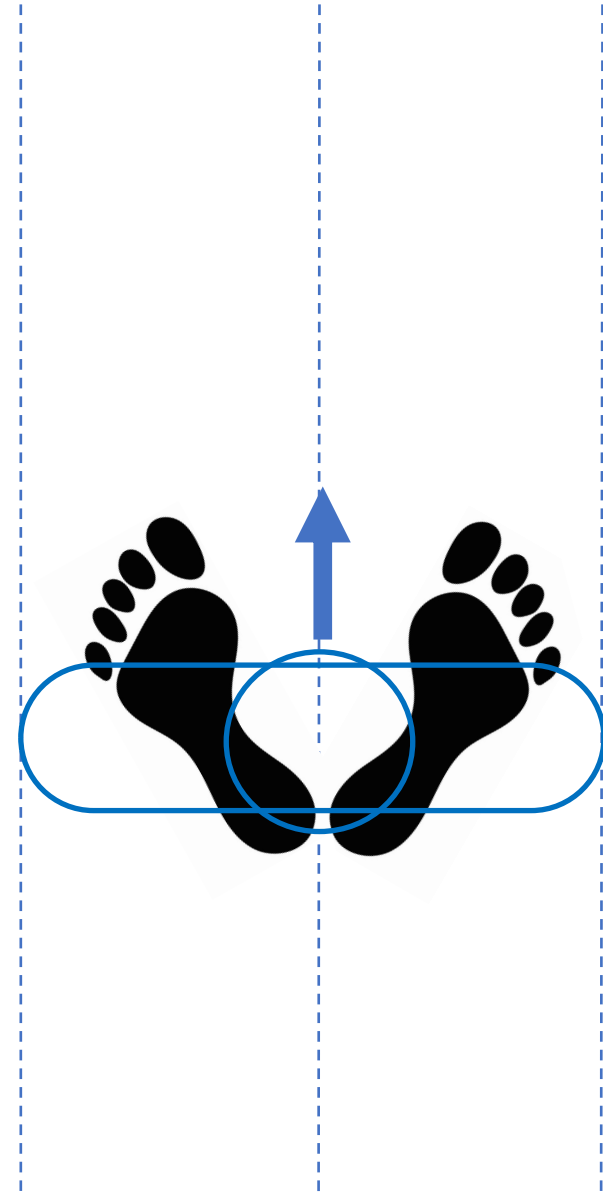
- Arms straight at your sides
- Bow your head at the waist at 45°
- Keep looking forward at about 3 metres ahead
- Pause for a few seconds
- Raise your head back up



Front



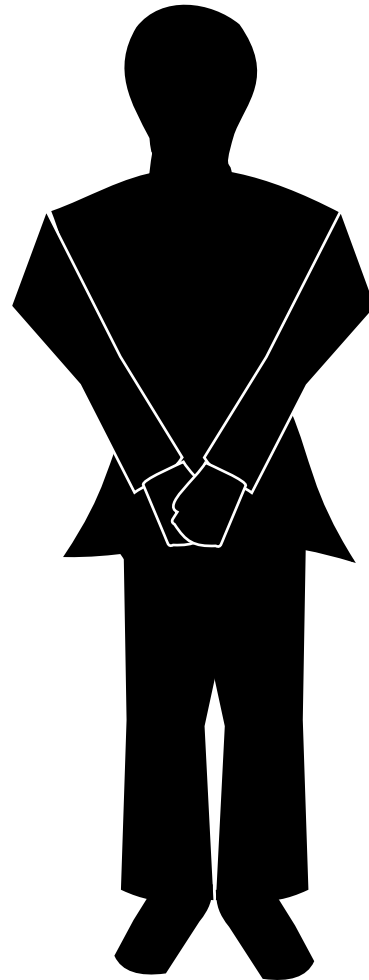
Side



Stance: MUSUBI DACHI

Check Points

- Left hand over right
- Interlocking thumbs
- Straight arms
- Feet at 30° angle
- Heels touching



Front



Side

