## Seisan Kata Bunkai

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<th>Bunkai Description</th>
<th>Kata Description</th>
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<td>Rei (bow)</td>
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<td>Set (salutation)</td>
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<td>Heiko dachi (parallel stance, ready position)</td>
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<tr>
<td>Step left; punch left, step back left, preferred block right, punch left.</td>
<td>1. Step left into Seisan dachi, middle block left (propeller), punch right, retract fist (as in wrist release).</td>
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<tr>
<td>Step back right, preferred block left, punch right.</td>
<td>2. Step right, punch left, retract fist.</td>
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<tr>
<td>Step back left, preferred block right, punch left.</td>
<td>3. Step left, punch right, retract fist.</td>
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<tr>
<td>Double overhead shuto. Move to opponent's rear.</td>
<td>4. Shuffle step forward, double high block.</td>
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<tr>
<td>Left straightforward kick to center of opponents back.</td>
<td>5. Pivot to left 180 ° in a counter-clockwise direction into Seisan dachi with left foot forward, double low shuto block (strike).</td>
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<tr>
<td>Right lunge punch.</td>
<td>6. Step forward right into Seisan dachi, left shote/right hand haito &quot;propeller&quot; block, left low shuto block, right grab and pull.</td>
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<tr>
<td>Left lunge punch.</td>
<td>7. Step forward left into Seisan dachi, right shote/left hand haito &quot;propeller: block, left grab and pull, right low shuto block.</td>
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<tr>
<td>Right lunge punch. Move to opponent's left.</td>
<td>8. Step forward right into Seisan dachi, left shote/right hand haito &quot;propeller&quot; block, left low shuto block, right grab and pull, catch right and look 90º to the left.</td>
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v. 20110809
Seisan Kata Bunkai

**Bunkai Description**

Left punch, left shuto block, left block across, left parry block across and down, left middle block. Move to opposite side.

Right punch, right shuto block, right block across, right parry block across and down, right middle block. Move to rear facing opponent.

Left punch, left shuto block, left block across, left parry block across and down, right middle block, step forward left with left lunge punch. Move to opposite side.

Left high punch.

Step back left, right high block. Step forward left with left punch.

Step back left, right low block, right straightforward kick, left preferred block, right punch. Move to opposite side.

Right high punch.

Step back right, left high block. Step forward right with right punch.

**Kata Description**

9. Pivot to the left 90° into Seisan dachi with left foot forward, middle block left, right punch, left punch, right straight forward kick, right punch, catch left and pivot 90 degrees to the right – head turns 180°.

10. Pivot to the right 90° into Seisan dachi with right foot forward, middle block right, left punch, right punch, left straight forward kick, left punch, catch right and look 90 degrees to the left.

11. Pivot to the left 90 degrees in into Seisan dachi with left foot forward, middle block left, right punch, left punch, right straight forward kick, right punch, drop into Seiunchin dachi, middle block left.

12. Look over right shoulder, move back into cat stance (left foot back), catch left.

13. Step forward right into "side stance", right backfist. Move back into cat stance (left foot back), cover.

14. Step forward with left foot into Chinto dachi, right kick, set into Seisan dachi (right foot forward) right low block, left punch, drop into Seiunchin dachi, right middle block.

15. Look over left shoulder, move back into cat stance (right foot back), catch right.

16. Step forward left into "side stance", left backfist. Move back into cat stance (right foot back), cover.
Seisan Kata Bunkai

Bunkai Description
Step back right, left low block, left straightforward kick, right preferred block, left punch. Move to other side.

Kata Description
17. Step forward with right foot into Chinto dachi, left kick, set into Seisan dachi (left foot forward), left low block, right punch, drop into Seiunchin dachi, left middle block.

Left high punch.

18. Look over right shoulder, move back into cat stance (left foot back), catch left.

Step back right, left high block. Right straightforward kick, right preferred middle block, step right with right lunge punch.

19. Step forward right into "side stance", right backfist, set into Seisan dachi (right foot forward), right low block, left punch, drop into Seiunchin dachi, right middle block.

Step left, left lunge punch.

20. Move right foot back into cat stance (make sure to cover centerline) left middle shuto block.

Be kicked and punched.

21. Shift weight to 50/50, right kick, set into Seisan dachi (left foot forward), pull opponent in with left hand, right punch, KIAI.

Right straightforward kick.

22. Move right foot back into cat stance, hands at ready position (open), grab kick under heel and shote across foot, throw (twist).

Return to Mesuba dachi.

Set Rei

Return to masuba dachi.

Set Rei