

## TORONTO WADO-KAI

### KIHON KATAS

#### SAME "H" PATTERN

1. Harai Uke (Zenkutsu Dachi) and Chudan Tsuki
2. Yoko Uke (Zenkutsu Dachi) and Chudan Tsuki
3. Jodan Uke (Zenkutsu Dachi) and Chudan Tsuki
4. Harai Uke (Zenkutsu Dachi), Mae Geri and Chudan Tsuki
5. Yoko Uke (Zenkutsu Dachi), Mae Geri and Chudan Tsuki
6. Jodan Uke (Zenkutsu Dachi), Mae Geri and Chudan Tsuki
  
7. Harai Uke (Neko Ashi Dachi), Mae Geri and Chudan Tsuki
8. Yoko Uke (Neko Ashi Dachi), Mae Geri and Chudan Tsuki
9. Jodan Uke (Neko Ashi Dachi), Mae Geri and Chudan Tsuki
10. Shuto Uke (Neko Ashi Dachi), Mae Geri and Chudan Tsuki
  
11. Harai Uke (Zenkutsu Dachi), Yoko Uke (Neko Ashi Dachi), and Chudan Tsuki
12. Yoko Uke (Zenkutsu Dachi), Jodan Uke (Neko Ashi Dachi), and Chudan Tsuki
  
13. Jodan Uke and Harai Uke (Neko Ashi Dachi), and Chudan Tsuki
14. Harai Uke and Shuto Uke (Neko Ashi Dachi), and Chudan Tsuki
  
15. Harai Uke and Yoko Uke (Zenkutsu Dachi), Mae Geri and Chudan Tsuki
16. Yoko Uke and Jodan Uke (Zenkutsu Dachi), Mae Geri and Chudan Tsuki
17. Jodan Uke and Harai Uke (Zenkutsu Dachi), Mae Geri and Chudan Tsuki
  
18. Harai Uke and Shuto Uke (Neko Ashi Dachi), Mae Geri and Chudan Tsuki
  
19. Harai Uke (Zenkutsu Dachi), Yoko Kekome Geri and Gyaku Tsuki
20. Harai Uke (Zenkutsu Dachi), Mawashi Kekome Geri and Gyaku Tsuki