



Barry's Jujutsu
Ft. Leavenworth, KS

Hand Kata One

Study Guide

Hand Kata One is a solo *kata* (form). The performer begins in a Ready Stance, then proceeds to perform the sequence of stances, strikes, and blocks. After he/she completes the basic progression of techniques twice (once with the right side of the body and once with the left), the performer returns to the position at which he/she began. Use the following charts as quick-and-dirty references for this *kata*.

Hand Kata One: Basic Sequence¹

#	Technique
1	Tiger Claw Grab
2	Forearm Check
3	Spear Hand Strike
4	Circular Block
5	Knife Hand Strike (palm up)
6	Forearm Check
7	Ridge Hand Strike (low)
8	Side Kick
9	Knife Hand Strike (palm down)
10	Checking Block/Knife Hand Strike
11	Forearm Check
12	Lunge Punch
13	High Block (open hand)
14	Fingers Strike
15	Hammer Fist Strike
16	Reverse Back Fist Strike
17	Back Fist Strike
18	Middle Outside Block

¹ There are additional techniques in the full sequence of Hand Kata One.

Hand Kata One: Full Sequence

#	Move/Step	Stance/Kick	Block/Strike
0	Begin in	Ready Stance ²	Low hand position
1	B with R foot to	L Forward Stance	L Forearm Check
2	F with R foot to	R Forward Stance	R Tiger Claw Grab
3	B with R foot to	L Forward Stance	L Forearm Check
4	F with R foot to	R Forward Stance	R Spear Hand Strike
5	B to 1 st base line with R foot to	Ready Stance	Low hand position
6	R on 1 st base line with R foot to	Horse Stance	R Two-Handed Circular Block to R
7	F with R foot to	R Forward Stance	R Knife Hand Strike (palm up)
8	B with R foot to	L Forward Stance	L Forearm Check
9	F off line ³ with R foot to	Horse Stance	R Ridge Hand Strike (low)
10		R Side Kick (low) to R	
11	Return R foot to 1 st base line to	Horse Stance	R Knife Hand Strike (palm down) to R
12	B with R foot to	L Forward Stance	L Forearm Check
13	F with R foot to	R Forward Stance	R Punch (head height)
14	B with R foot to	L Forward Stance	L Knife Hand High Block
15	F with R foot to	R Forward Stance	R Open Fingers Strike
16	B to 1 st base line with R foot to	Ready Stance	R Hammer Fist Strike (low) to R
17	F with R foot to	R Forward Stance	R Reverse Back Fist Strike
18	B to 1 st base line with R foot to	Ready Stance	R Back Fist Strike to R side (low)
19	F with R foot to	R Forward Stance ⁴	R Middle Outside Block
20	F with L foot to	L Forward Stance	L Tiger Claw Grab
21	B with L foot to	R Forward Stance	R Forearm Check
22	F with L foot to	L Forward Stance	L Spear Hand Strike
23	B to 2 nd base line with L foot to	Ready stance	Low hand position
24	F off line with L foot to	Horse Stance	L Two-Handed Circular Block to L
25	F with L foot to	L Forward Stance	L Knife Hand Strike (palm up)
26	B with L foot to	R Forward Stance	R Forearm Check
27	F off line with L foot	Horse Stance	L Ridge Hand Strike (low)
28		L Side Kick (low) to L	
29	Return L foot to 2 nd base line to	Horse Stance	L Knife Hand Strike (palm down) to L
30	B with L foot to	R Forward Stance	R Forearm Check
31	F with L foot to	L Forward Stance	L Punch (head height)
32	B with L foot to	R Forward Stance	R Knife Hand High Block
33	F with L foot to	L Forward Stance	L Open Fingers Strike
34	B to 2 nd base line with L foot to	Ready Stance	L Hammer Fist Strike (low) to L
35	F with L foot to	L Forward Stance	L Reverse Back Fist Strike
36	B to 2 nd base line with L foot to	Ready Stance	L Back Fist Strike (low) to L
37	F with L foot to	L Forward Stance	L Middle Outside Block
38	B with L foot to	R Forward Stance	R Punch
39	B with R foot to	L Forward Stance ⁵	L Punch
X	F with R foot to 1 st base line to	Ready Stance	Low hand position

² This stance marks your 1st base line.

³ meaning not directly forward, but forward & to the side

⁴ Your L foot in this stance marks your 2nd base line.

⁵ Your L foot in this stance should be on your 1st base line.