

BARRY'S JUJUTSU  
FORT LEAVENWORTH, KANSAS

**SARU MO KI KARA OCHIRU**

KICK KATA FIVE

THIS KATA CONSISTS OF 15 SIDE KICKS. YOU START FROM A SITTING POSITION WITH YOUR LEFT LEG  
CROSSED OVER YOUR RIGHT.

DIRECTIONS: **A** IS TO YOUR FRONT  
**B** IS TO YOUR REAR  
**C** IS TO YOUR LEFT  
**D** IS TO YOUR RIGHT

**HAJIME** (BEGIN)

1. LEFT SIDE KICK TOWARDS **A**.
2. SWING YOUR LEGS UNDER AND EXECUTE A RIGHT SIDE KICK TOWARDS **B**.
3. ROLL TO YOUR RIGHT SIDE AND EXECUTE A LEFT SIDE KICK TOWARDS **D**.
4. SWING YOUR LEGS UNDER AND EXECUTE A RIGHT SIDE KICK TOWARDS **C**.
5. ROLL TO YOUR RIGHT SIDE AND EXECUTE A LEFT SIDE KICK TOWARDS **B**.
6. SWING YOUR LEGS UNDER AND EXECUTE A RIGHT SIDE KICK TOWARDS **A**.
7. ROLL TO YOUR RIGHT SIDE AND EXECUTE A LEFT SIDE KICK TOWARDS **C**.
8. SWING YOUR LEGS UNDER AND EXECUTE A RIGHT SIDE KICK TOWARDS **D**.
9. YOUR RIGHT LEG COMES UP AND OVER (YOU SHOULD NOW BE ON YOUR RIGHT SIDE) EXECUTE  
A LEFT SIDE KICK TOWARDS **B**.
10. ROLL TO YOUR LEFT SIDE AND EXECUTE A RIGHT SIDE KICK TOWARDS **C**.
11. SWING YOUR LEGS UNDER AND EXECUTE A LEFT SIDE KICK TOWARDS **D**.
12. ROLL TO YOUR LEFT SIDE AND EXECUTE A RIGHT SIDE KICK TOWARDS **B**.
13. SWING YOUR LEGS UNDER AND EXECUTE A LEFT SIDE KICK TOWARDS **A**.
14. ROLL TO YOUR LEFT SIDE AND EXECUTE A RIGHT SIDE KICK TOWARDS **D**.
15. SWING YOUR LEGS UNDER AND EXECUTE A LEFT SIDE KICK TOWARDS **C**.

**YAME** (FINISH)

16. SIT UP AND CROSS YOUR LEFT LEG OVER YOUR RIGHT.

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