

Bassai Dai



Preparation. The *kata* proper starts in *yoji* ('ready' or 'attention') stance.



Swing both hands up to the left shoulder. Lift the right knee high up and move forward and stamp the floor executing right *uchi uke*, supporting it with the left open hand in *kosa dachi*. Squeeze your arms together, the tips of the left fingers should touch the right wrist.



Turn counter clockwise on the right foot. Execute left *chudan uchi uke* in left *zenkutsu dachi*.



Twist the hip counter clockwise and execute right *chudan uchi uke*.



Turn clockwise on the left foot, right *zenkutsu dachi*. Execute left *soto uke* and pull the right fist to the hip, twisting the hip to the right as much as possible. Twist the hip counter clockwise and execute right *chudan uchi uke*.



Draw the right foot back, and pivot clockwise on the left foot and bend both knees deeply. Turn to your right and execute a scooping block as you turn.



Shift the right foot forward into *zenkutsu dachi* and execute right *soto uke*.



Twist your hip clockwise and execute left *uchi uke* on the spot.



Shift the left foot into *heiko dachi* to face the front and pull both fists to the right hip into cup and saucer position. (Left fist on top of right with palm up) Slowly extend left *tate shuto*.



Punch right *chudan*. Pulling the fist back to the chest.



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Twist hip counter clockwise to block (without using the left arm as reaction arm).



Twist the hip back to the forward position and punch left chudan.



Pull the fist back to the chest.



Twist hip clockwise to block (without using the left arm as reaction arm).



Shift the right foot forward into kokutsu dachi and execute right shuto uke.



Shift the left foot forward into kokutsu dachi and execute right shuto uke.



Shift right foot forward into kokutsu dachi and execute right shuto uke.



Step back into kokutsu dachi and execute left shuto uke.



Step into left zenkutsu dachi. Extend the right hand forward to hook an attack. Pull the right hand down until your right arm is bent at right angle. As you pull, twist the hips counter clockwise. The tips of the left fingers should be almost touching the thumb side of the right wrist. Pull the right knee toward the chest between the arms, then lower the hips and kick yoko geri kekomi to knee height. Pull both fists to the right hip with palm side facing up. **Kiai**



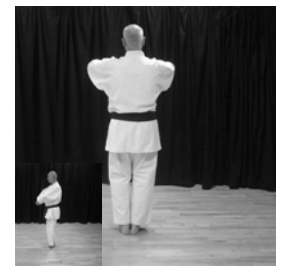
Drop your right foot into kokutsu dachi. Turn and face to your left. Execute left shuto uke.



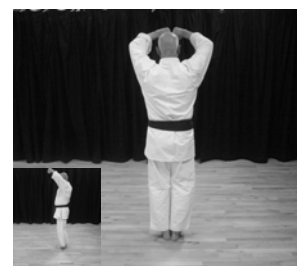
Step forward into kokutsu dachi and execute right shuto uke.



Draw your right leg back to the left, bringing your hands to the hips.



Bring your fists together slowly raising your hands to the front.



Bring your fists to head height palms facing to the front.

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Pull both arms outward and lift your right knee.



Stamp forward with the right leg into zenkutsu dachi and strike with hasami uchi.



Slide the right foot forward deeper and punch chudan. Pivot counter clockwise on the right foot and shift the left foot to face the camera. Attack right nukite. Block left hand next to the right ear as in heian godan.



Pull the right fist back into jodan uchi uke and extend left fist into gedan barai. Moving the left foot up bring the feet together, keeping the hands in the same position.



Pivot on the left foot and lift the right foot up. Stamp on the floor into kiba dachi and swing the right hand down into gedan barai.



Look the other way, extend left haishu.



Kick the left palm with mikazuki geri (crescent kick).



Stamp on the floor and execute right maewashi empi, striking the left palm in kiba dachi.



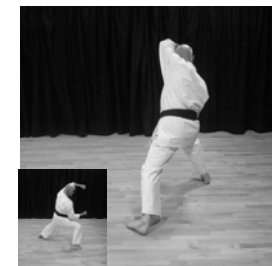
As you are, execute right gedan barai, pressing the inside of the elbow with the left fist.



As you are, execute left gedan barai, pulling the right fist up to the left elbow. Immediately execute right gedan barai again, pressing the right inside elbow with the left fist.



Twist the hip to the left into zenkutsu dachi, pulling both fists to the left hip.



Execute yama tsuki, with left fist to jodan and right fist to chudan, shifting your weight forward.

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Drawing the right foot back next to the left foot, pull both fists to the right hip in heisuko dachi, twisting the hips to the right. The left fist should be vertical, resting above the right fist. Lift the left knee up high then stamp the floor into zenkutsu dachi. Execute yama zuki with right fist to jodan and left to chudan.

Drawing the right foot back next to the left foot, pull both fist to the right hip in heisuko dachi.



Twist the hips to the left. The right fist should be vertical resting above the left fist. Lift the right knee up high then stamp the floor into zenkutsu dachi. Execute yama zuki with left fist to jodan and right to chudan.

Pivot on the right foot. Shift the left foot so that your body rotates 270° into zenkutsu dachi with both feet in the same line. While turning swing the right arm out from the side. Bringing the arm down execute low uchi uki with palm facing up.



Shift your weight to the right leg and twist the hips. Swing the left arm to block a kick and finally swing the arm, using the elbow as a pivot, parallel to the floor. Exact mirror image of the previous move.

Shift your left foot half a step towards the right. Right foot is 45° into zenkutsu dachi. Block right shuto uke. While looking at the other 45°, pivot clockwise on the left foot and shift the right foot 90° clockwise into kokutsu dachi so that the arm and leg remain aligned and face the other way.



Pull the right foot to just being the left heel and shift the left foot forward (to 45° that is) into kokutsu dachi, executing left shuto uke.

Pull the left foot back next to the right and hold the right fist with the left hand to return to the starting position.

Finish. The *kata* proper starts in *yoi* ('ready' or 'attention') stance.

Kiai