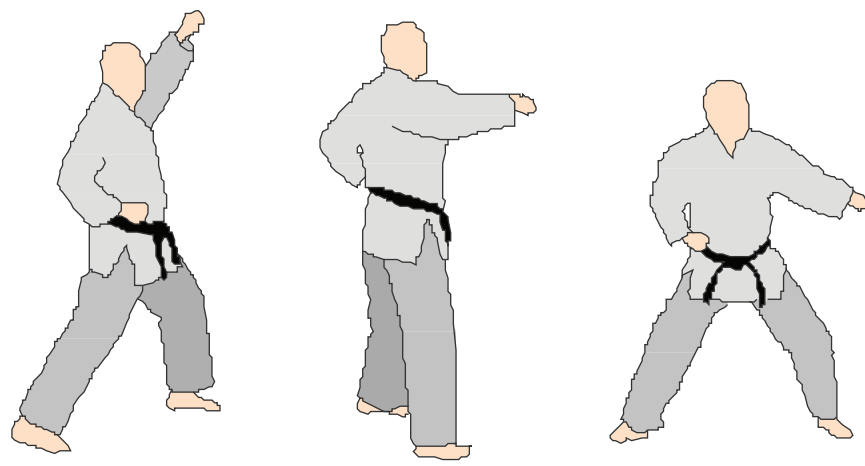
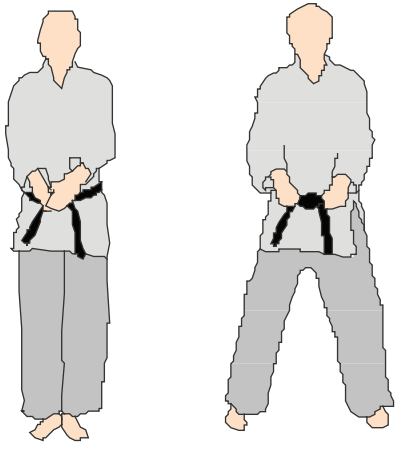
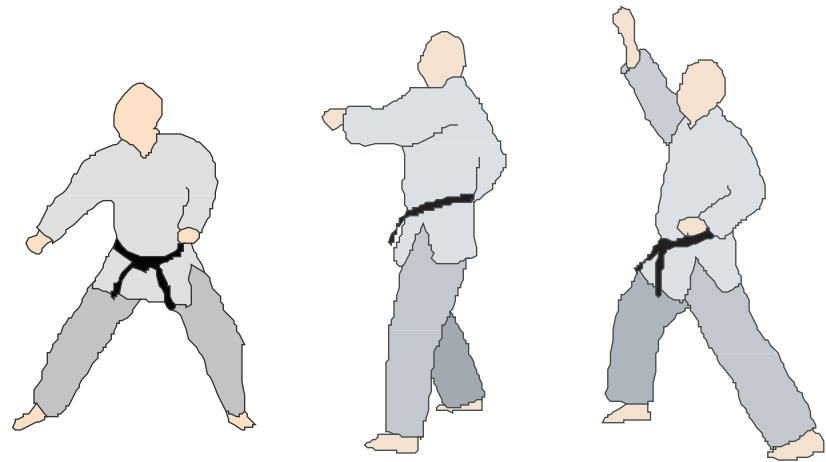


# Shinsei

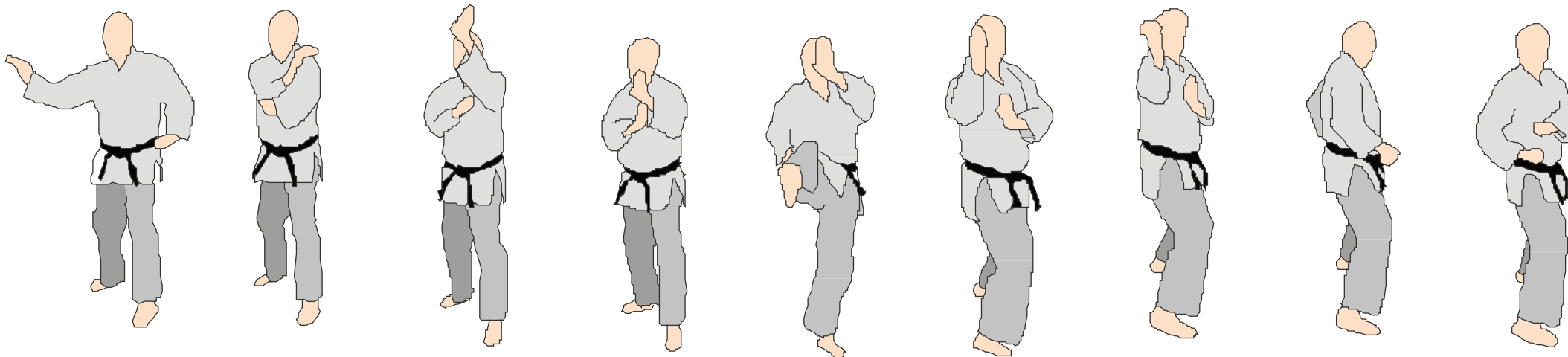


Step forward right foot into Ha-zen then turn to left 90 degrees into Zen with upward block right punch to mid area in pigeon toed stance.

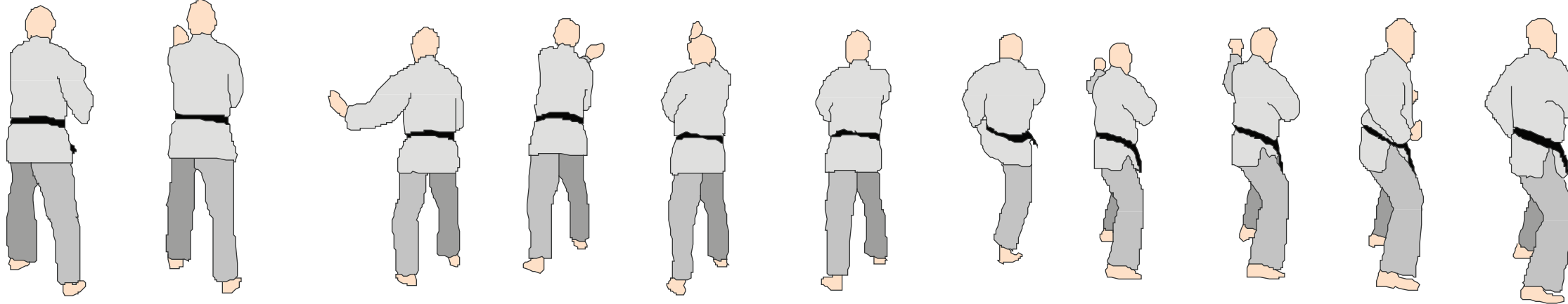
Step back right foot into Shiko with left downward hammerfist strike.



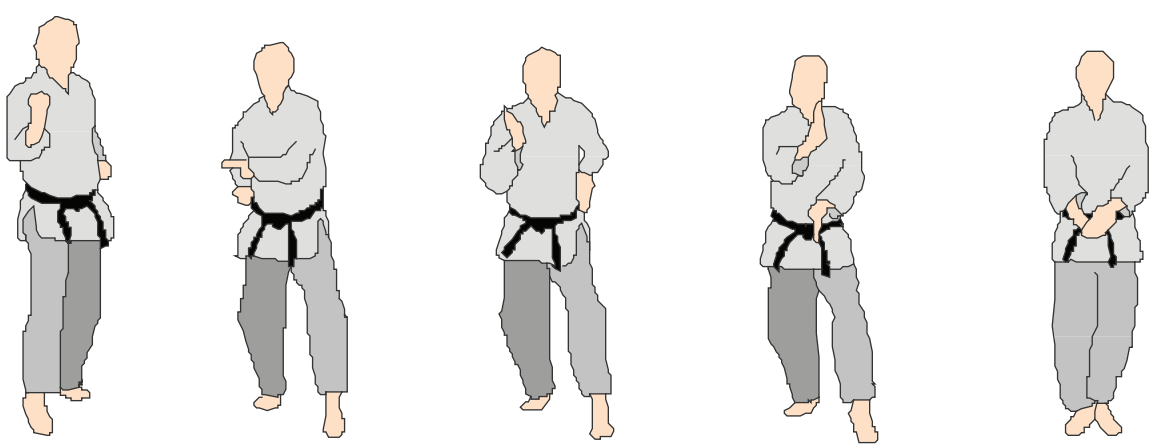
Turn right 180 degrees left leg steps towards front of kata and pivot into Zen and right upper block, left punch in pigeon toed stance, left foot back to Shiko and right downward hammerfist



Turn left 90 degrees to Zen with Kakete then mid area front kick into Shiko, right upper punch, right backfist, left punch to mid area; Kiai.



Turn left 180 degrees to Ha-zen with supported left Shuto block, right foot forward to Zen and kakete, left mid area front kick, left upper punch, left backfist, right punch to mid area; Kiai.



Turn right 180 degrees into Cat stance and right Shuto center block, step back right foot Cat stance and do Tomoe Uke, then step back to Ma-subidachi.