SHOSHINSHA NO KATA : SONO ICHI

1. Kumite no kamae.

2. Migi chudan tsuki:
   Step back, hidari chudan soto-uke, migi chudan tsuki.

3. Migi jodan tsuki:
   Step back, hidari jodan soto-uke, migi jodan tsuki, migi chudan mawashi-geri, Keri ashi (:the kicking foot in the air) mae, turn (180)

4. Hidari chudan tsuki:
   Step back, hidari gedan-barai, migi chudan tsuki.

5. Hidari jodan tsuki:
   Step back, hidari uchi-uke shuto, migi jodan tsuki, foot switch, hidari chudan mawashi-geri, turn to the left (90)

6. Migi mae-geri:
   Step back, hidari soto-uke, migi jodan tsuki, migi chudan mawashi-geri, keri ashi ushiro. (Back to normal fighting stance)

7. Hidari mae-geri:
   Step back, hidari gedan-barai, migi gedan mawashi-geri, hidari jodan mawashi-geri, keri ashi mae.

8. Hidari chudan mawashi-geri:
   Hidarisune-uke, migi okuri ashi, hidari hiza-geri, maki komi nage.

9. Migi chudan mawashi-geri:
   Hidari sune-uke, (mawashi-uke), migi hiza-geri, maki komi nage, kiba dachi.

10. Migi tsuki, kumite no kamae.