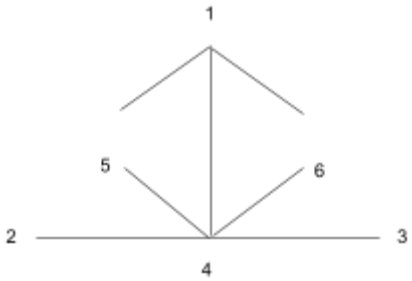
Shinmei Shorin-Ryu Karate
Fukyu Gata Ichi
Last Modified: 12/31/23



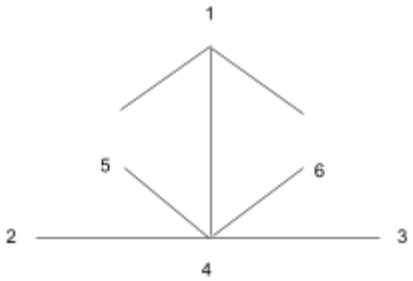
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Step-By-Step Instructions

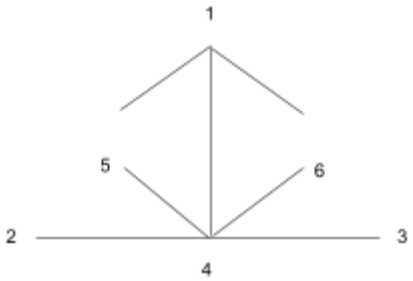
1. Starting at position 4, face direction 1 with heels touching, toes angled out, and hands at your sides on your legs.
2. *Rei* (bow) with hands running down toward the top of your knees. Gaze ahead, not down.
3. Bring your hands to a ready position.
4. Look over your left shoulder toward direction 2. Step with the left leg into a left front stance. Execute a left low block.
5. Step forward with the right leg into a right front stance. Execute a right punch at chest level.
6. Look over your right shoulder toward direction 3. Turn and step with the right leg into a right front stance. Execute a right low block.
7. Step forward with the left leg into a left front stance. Execute a left punch at chest level.
8. Look toward direction 1. Step with the left leg into a left front stance. Execute a left low block.
9. Step forward into a right front stance. Execute a right punch at chest level.
10. Step forward into a left front stance. Execute a left punch at chest level.
11. Step forward into a right front stance. Execute a right punch at chest level. *Kiai.*
12. Look toward direction 3 over your left shoulder. Turn with the left foot toward direction 3. Execute a left low block.
13. Step forward with the right leg into a right front stance. Execute a right high block with ramp up the left arm.
14. Look over your right shoulder toward direction 2. Turn and step with the right leg into a right front stance. Execute a right low block.
15. Step forward with the left leg into a left front stance. Execute a left high block with ramp up the right arm.
16. Look toward direction 4. Step with the left leg into a left front stance. Execute a right reverse punch. *Kiai.*
17. Step forward into a right front stance. Execute a left reverse punch at chest level.

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18. Step forward into a left front stance. Execute a right reverse punch at chest level.
19. Step forward into a right front stance. Execute a left reverse punch at chest level.
20. Look toward direction 5 over your left shoulder. Turn with the left foot toward direction 5. Execute a left low block.
21. Step forward with the right leg into a right front stance. Execute a right high punch at mouth level.
22. Look toward direction 6 over your left shoulder. Turn with the left foot toward direction 6. Execute a right low block.
23. Step forward with the left leg into a left front stance. Execute a left high punch at mouth level.
24. Look toward direction 1. Bring your left foot to your right foot, heels touching, toes angled out. Place your left palm on top of the back of your right hand, fingers angled up.
25. With your hands still touching, turn your fingers downward and bring your hands to near your belt (*obi*) level.
26. *Rei* (bow) like in the beginning to finish.

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Bunkai (Application)

The 1 bunkai in Fukyu Gata Ichi comes on the reverse punch with the kiai.

1. From your left front stance with a left high block, an attacker executes a left punch toward your ribs.
    a. You deflect the punch with your left elbow, crossing the attacker up.
    b. Strike immediately with your right reverse punch to the attacker's midsection.

https://www.youtube.com/watch?v=E7OopctwvOQ