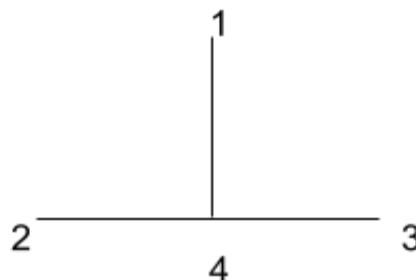




Shinmei Shorin-Ryu Karate
Fukyu Gata Ni
Last Modified: 12/31/23



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[Step-By-Step Instructions](#)

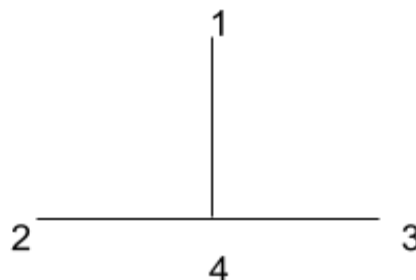
[Bunkai \(Application\)](#)

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 back toward direction 3 with the right leg into a left front stance. Execute a left high block.
5. Step forward with the right leg into a right front stance. Execute a right punch at face level.
6. Step back with your right leg into a kiba dachi facing direction 1, looking toward direction 2. Execute a left low block.
7. Look toward direction 3. Pivot back with the left leg into a right front stance. Execute a right high block.
8. Step forward with the left leg into a left front stance. Execute a left punch at face level.
9. Step back with your left leg into a kiba dachi facing direction 1, looking toward direction 3, and sliding your body slightly toward direction 2. Execute a right low block.
10. Step with your left leg toward direction 1 into a left front stance. Execute a left middle block.
11. Step with your right leg toward direction 1 into a right front stance. Execute a right middle block.
12. Execute a left front snap kick toward direction 1. *Kiai*. Land in a left front stance.
13. Execute a left rising elbow (like you're answering the phone).
14. Execute a left low block, followed by a right reverse punch.
15. Turn to your right with both your feet underneath your hips facing direction 3. Execute a right edge-of-hand strike toward direction 4 at head level.
16. Step with your left leg toward direction 4 into a left front stance. Execute a left middle block.
17. Execute a right front snap kick toward direction 4. Land in a right front stance.
18. Execute a right rising elbow (like you're answering the phone).
19. Execute a right low block, followed by a left reverse punch.



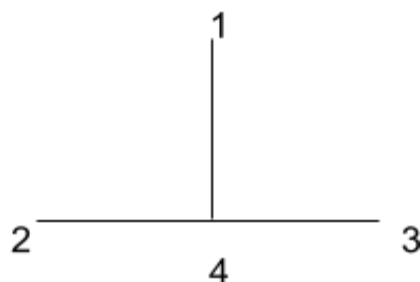
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20. Turn to your left with both your feet underneath your hips facing direction 2. Execute a left edge-of-hand strike toward direction 1 at head level.
21. Step back with the left foot into a right front stance facing direction 1. Cross your wrists in front of your belt level, left over right.
22. Execute a double middle block.
23. Bring both hands back to your waist, then strike with a U-punch (or a C-punch) with the left hand over the right hand.
24. Step up with your left leg so your feet are together, then immediately step your right leg back into a left front stance.
25. Cross your wrists in front of your belt level, right over left.
26. Execute a double middle block.
27. Bring both hands back to your waist, then strike with a U-punch (or a C-punch) with the right hand over the left hand.
28. Keep looking toward direction 1. Bring your right foot to your left foot, heels touching, toes angled out. Place your left palm on top of the back of your right hand, fingers angled up.
29. With your hands still touching, turn your fingers downward and bring your hands to near your belt (*obi*) level.
30. *Rei* (bow) like in the beginning to finish.



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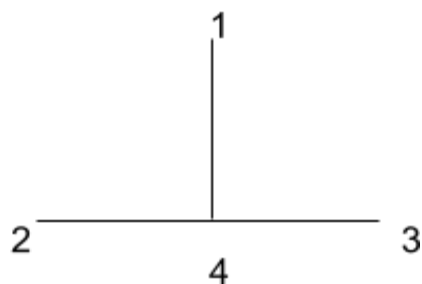


Bunkai (Application)

Kata Sequence	Description	Video
From the opening left high block, right punch, left low block sequence	1. The attacker executes a left punch toward your face. You step back and execute a left high block. 2. Step forward and punch under the attacker's arm toward their face. 3. The attacker executes a right punch toward your face. You wrap underneath it with your right arm, pulling it back to your right hip as you step back into a horse stance, striking low with your left hand.	https://www.youtube.com/watch?v=5fbTLm1Z_m0
From the sequence with the middle blocks, kick, elbow, low block, reverse punch:	1. The attacker executes a left punch toward your chest. You execute a left middle block. 2. The attacker executes a right punch toward your chest. You execute a right middle block, followed by a left kick to their groin. 3. The attacker throws a right high punch. You counter with your left elbow (like you're answering the phone). 4. The attacker throws a left punch to your midsection. Like in Fukyu Gata Ichi, you block with your left elbow and execute a right reverse punch.	https://www.youtube.com/watch?v=VNViqX7y29A
From the chop	1. From behind you, the attacker executes a right punch toward your turn. 2. Pivot and chop, striking above the	https://www.youtube.com/watch?v=84https://www.youtube.com/watch?v=84mTom1RqdEmTom1RqdE



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	elbow to neutralize the attack.	
From the double middle block and double punch sequence	1. The attacker executes a two-arm grab to your shoulders. 2. Step back and execute a double middle block to the insides of their arms. Immediately strike with a double punch to their torso.	https://www.youtube.com/watch?v=HHflq4gkQKQ