

Sandan Kata – Shaharin Yussof (Mar 2005)

Kata developed by Sensei Shah for his sandan grading. This is as it was originally submitted. Popularly known as Koroshi- no kata (killer kata), it will be subject to subtle changes with time.

	Actions	Description/Interpretation
1	Starting at <i>yoi</i> (nominally facing 12 o'clock) turn to left, leaning back onto right leg in <i>kokutsu dachi</i> with left hand do <i>jodan shuto uchi uke</i> .	Blocking a right jodan punch.
2	Pull left hand in to left ribs with right hand, while doing right <i>chudan yoko geri</i> straight ahead.	Grabbing blocked hand and pulling to ribs while doing middle body kick.
3	Still facing in same direction, step down into right fighting stance, simultaneously doing right arm covering descending circular block followed by (left) <i>gyaku oroshi hiji uchi</i> .	Pull/hold head down and follow up by descending elbow strike to spine/top of the neck.
4	Turn 90° to the right (back to 12 o'clock) into right <i>zenkutsu dachi</i> with right <i>gedan barai</i> , followed immediately by left <i>jodan gyaku shotei uchi</i> .	Self explanatory.
5	With right leg turn another 90° to the right (3 o'clock) into <i>kokutsu dachi</i> and do right hand <i>jodan shuto uchi uke</i> .	Same as for step 1 but for left handed attack (though it would work for right handed attack too)
6	Step forward about 30° to the right, into left <i>moroashi dachi</i> , and while holding right hand high, do <i>oi jodan age hiji ate</i> .	Having held on to the blocked attack, this is now a counterattack to the triceps region of the opponent's arm.
7	Hands in same position, doing left <i>kansetsu geri</i> .	Still hold on to the arm, attack to thigh or knee without stepping forward.
8	Still facing in same direction, step down into left fighting stance, simultaneously doing left arm covering circular block followed by right (gyaku) <i>oroishi hiji ate</i> .	Pull/hold head down and follow up by descending elbow strike to spine as in step 3.
9	Turn head about 90° to left (back to 12 o'clock) , moving left leg into the back leg of a right <i>zenkutsu dachi</i> i.e. weight is on the right leg. Reach up at 45° high and 135° back to the left with left hand (<i>jodan shuto uchi uchi</i>) and follow with a fast forearm hook. Shift <i>zenkutsu dachi</i> to move weight onto the left leg, followed by right <i>jodan mawashi hiji ate</i> using hand slap to elbow.	Moving into a right handed block or grab, to first block, then hook into arm lock. Release and grab back of head with left hand to do elbow strike.
10	Reach up with both hands, grab, and bring them together with right <i>hiza ganmen geri</i> still facing in the same direction.	After elbow strike, follow up with knee kick.
11	Keep hands higher and together. Step back with right leg into <i>zenkutsu dachi</i> , moving it across behind you in preparation for turn, swivel 180°.	Follow up again, with head grab and throw.

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	and perform a two handed throw.	
12	Turn again with back leg in <i>zenkutsu dachi</i> and perform double <i>soto uke</i> block followed by a slow double handed low block.	
13	Right <i>jodan kakato geri</i> .	
14	Stomp forward into right <i>moroashi dachi</i> with <i>jodan oi-zuki</i> 3 times. On last one, add <i>chudan gyaku zuki</i> and strong KIAI .	
15	Turn 90° to left in left <i>zenkutsu dachi</i> with left <i>seiken gedan barai</i> followed immediately by left <i>mae uraken sayu uchi</i> and follow up with step into right <i>zenkutsu dachi</i> with <i>chudan oi zuki</i>	
16	Step right back into <i>gedan shuto juji uke</i> .	Blocking low kick.
17	Pull hands back to armpits as in <i>shuto mawashi uke</i> and step forward again into right <i>zenkutsu dachi</i> while performing fast the 2 nd half of <i>shuto mawashi chudan uke</i> i.e <i>jodan-chudan shotei uchi</i>	Grab the kick and twist, and push opponent over backwards.
18	Step back with right leg into <i>kake dachi</i> , and turn 180° and perform right <i>chudan uchi uke</i> while in right <i>kokutsu dachi</i>	
19	With the left leg step forward 45° to the right into a short left <i>zenkutsu dachi</i> while doing left <i>jodan ura kote uchi</i> with <i>haito uchi</i> , while pulling right hand back into ready punch position, simultaneously performing a backward sweep with the left leg by stepping back into left <i>zenkutsu dachi</i> , now facing 90° or more clockwise from the starting position of this sequence.	Grab the blocked attacking arm and pull in to chambered position. Forearm strike to opponent's neck, while sweeping him off his feet onto the ground while STILL holding onto arm.
20	Left hand continues sweep downwards and technique is followed up with a right <i>gedan oi zuki</i> on the right of your right leg and followed by a left <i>gyaku zuki</i> on the left side of your right leg. KIAI on second punch	Opponent is on the ground. You're holding his arm against/across your right thigh. First punch is to break the arm across your knee, second is punch to face.
21	Staying low, look up and to the right. Move left leg into <i>kake dachi</i> , move right leg into <i>kiba dachi</i> and do right <i>chudan jun zuki</i> .	
22	Open right hand and rotate the wrist clockwise slow <i>kake-uke</i> , the pull the hand in fast towards left hand in chambered position. Simultaneously do sideways <i>tsuri-ashi</i> followed by right <i>chudan</i>	Wrist rotation is because <i>jun zuki</i> was grabbed, possibly with both hands. Rotation is a release and counter-grab technique to wrist.

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	<i>yoko geri</i> , landing in <i>kiba dachi</i> .	
23	Look to front, still in <i>kiba dachi</i> immediately execute left <i>jodan shuto kake uke</i> , step up into right <i>sanchin dachi</i> , and follow up with right <i>chudan soto uke</i> at about 30° to left.	<i>Soto uke</i> should actually be used as a strike to the upper arm, so really should be called a <i>soto kote uchi</i> .
24	With right fist closed, rotate right fore-arm clockwise in a large loop, ending in an left open-hand-assisted <i>chudan uchi uke</i> .	Rotation is to effect a headlock. Assistance with other hand is to break neck.
25	Drop hands down to side of body, step forward into left <i>sanchin dachi</i> , and do <i>jodan morote haito uchi</i> .	Need to drop the person in the previous move before moving on to the next person.
26	Bring the right hand open back to ribs, Close left hand and pull towards yourself. Almost simultaneously, do <i>jodan shotei uchi</i> with right hand, but with hand orientation as in <i>chudan shotei uchi</i> i.e. fingers facing to the right.	Left hand grabs back of head e.g. hair. <i>Shotei uchi</i> is a strike to the chin, for another neck break.
27	Swivel around 180° left leg, and do right <i>chudan ushiro geri</i> and turn back, landing with right foot forward in fighting stance.	
28	Left <i>gedan mawashi geri</i> and land left foot forward in fighting stance.	
29	Right <i>jodan mawashi geri</i> , ending up facing 180°, right foot down.	
30	Immediately jump off the right foot, continuing to turn another 180°, doing <i>tobi jodan mawashi geri</i> to the rear i.e. in the same direction as the previous kicks, with right foot, and while completing the kick continue to turn another 180° to land in the original kata starting position. KIAI on this kick.	Finish