

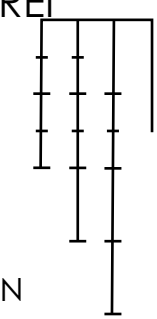
HANGETSU 1/3

41 MOVEMENTS, ABOUT 1 MINUTE























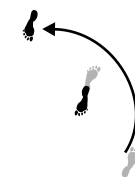
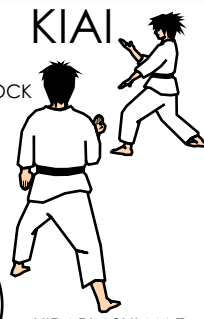

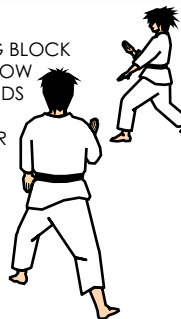

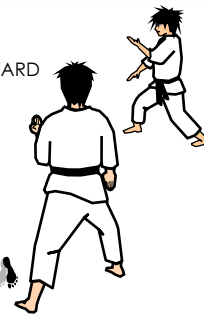

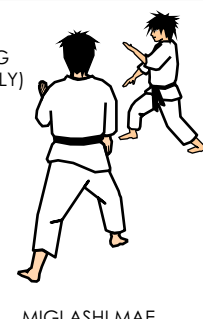
THIS KATA DEVELOPED FROM SEISHAN AND BECAME KNOWN AS HANGETSU (HALF MOON) FROM THE SEMI CIRCULAR MOVEMENTS OF THE HANDS AND FEET. TECHNIQUES ARE BOTH FAST AND SLOW WITH HAND AND FOOT MOVEMENTS CO-ORDINATED WITH BREATHING. SLIDING THE FEET IN ARC SHAPED MOVEMENTS ARE CHARACTERISTIC OF THIS KATA. THE FOOT MOVEMENTS ARE USEFUL FOR GETTING BETWEEN THE OPPONENT'S LEGS, ATTACKING AND DESTROYING BALANCE. THE FOOT SLIDING MOVEMENTS ARE EFFECTIVE FOR CLOSE IN ATTACKS.

HANGETSU DACHI IS SLIGHTLY NARROWER THAN FRONT STANCE WITH BOTH FEET TURNED IN AND BOTH KNEES TWISTED INWARDS.

REI



EMBUSEN

<p>REI</p>  <p>MUSUBI-DACHI</p>	<p>YOI</p>  <p>HACHIJI-DACHI RYOKEN-DAITI-MAE</p>	<p>1</p> <p>LEFT MIDDLE LEVEL BLOCK INSIDE OUTWARDS. SLIDE LEFT FOOT IN SEMI-CIRCLE, SWING LEFT FIST SLOWLY, GRADUALLY APPLYING POWER</p>  <p>HIDARI CHUDAN UCHI-UKE</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>2</p> <p>RIGHT MIDDLE LEVEL STRAIGHT PUNCH</p> <p>MIGI CHUDAN GYAKU-ZUKI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>3</p> <p>RIGHT MIDDLE LEVEL BLOCK INSIDE OUTWARD</p> <p>MIGI CHUDAN UCHI UKE</p>  <p>MIGI ASHI MAE HANGETSU-DACHI</p>  <p>MIGI ASHI MAE HANGETSU-DACHI</p>	
<p>4</p> <p>LEFT MIDDLE LEVEL STRAIGHT PUNCH</p> <p>HIDARI CHUDAN GYAKU-ZUKI</p>  <p>MIGI ASHI MAE HANGETSU-DACHI</p>  <p>MIGI ASHI MAE HANGETSU-DACHI</p>	<p>5</p> <p>LEFT MIDDLE LEVEL BLOCK, INSIDE OUTWARDS</p> <p>HIDARI CHUDAN UCHI UKE</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>6</p> <p>RIGHT MIDDLE LEVEL STRAIGHT PUNCH</p> <p>MIGI CHUDAN GYAKU-ZUKI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>7</p> <p>THRUST LEFT FIST FORWARD TO ALIGN WITH RIGHT BRING BACK TO CHEST, ONE KNUCKLE FISTS</p> <p>RYO JISHI KEN RYO CHICHI SHITA</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>8</p> <p>MIDDLE LEVEL STRAIGHT PUNCHES WITH ONE KNUCKLE FISTS</p> <p>RYO JISHI IPPON KEN CHUDAN MOROTE-ZUKI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>9</p> <p>BOTH HANDS MOUNTAIN POSTURE FORM RIGHT ANGLES WITH ELBOWS</p> <p>KAI SHO YAMA-GAMAE</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>
<p>10</p> <p>DOWNWARD BLOCK TO SIDES WITH BOTH HANDS</p> <p>RYOTE-RYOGAWA GEDAN KAKIWAKE</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>11</p> <p>RIGHT MIDDLE LEVEL BLOCK INSIDE OUTWARDS LEFT HAND DOWNWARD BLOCK EXTEND INDEX FINGERS, LIGHTLY BEND REST</p> <p>MIGI CHUDAN UCHI UKE HIDARI GEDAN UKE</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>12</p> <p>RIGHT GRASPING BLOCK BRING RIGHT ELBOW SLIGHTLY TOWARDS RIGHT SIDE TURN WRIST OVER</p> <p>USHO-TSUKAMI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>13</p> <p>LEFT MIDDLE LEVEL BLOCK INSIDE OUTWARD RIGHT DOWNWARD BLOCK</p> <p>HIDARI CHUDAN UCHI-UKE MIGI GEDAN UKE</p>  <p>MIGI ASHI MAE HANGETSU-DACHI</p>  <p>MIGI ASHI MAE HANGETSU-DACHI</p>	<p>14</p> <p>LEFT GRASPING BLOCK (SLOWLY)</p> <p>GASHO TSUKAMI</p>  <p>MIGI ASHI MAE HANGETSU-DACHI</p>  <p>MIGI ASHI MAE HANGETSU-DACHI</p>	



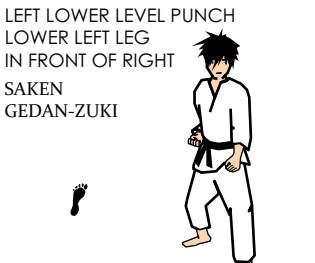

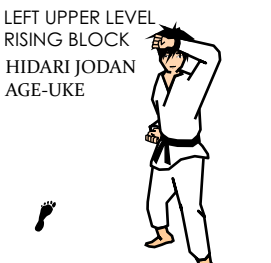
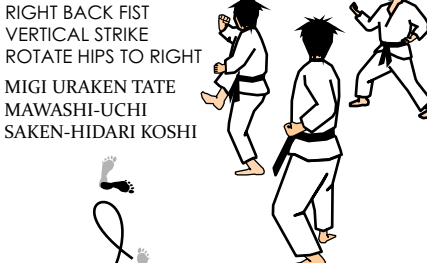
HANGETSU 2/3


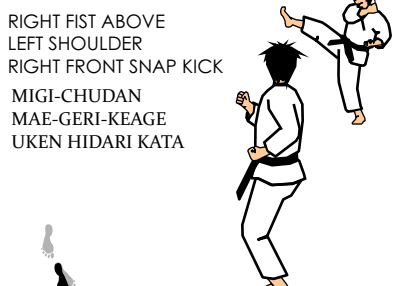
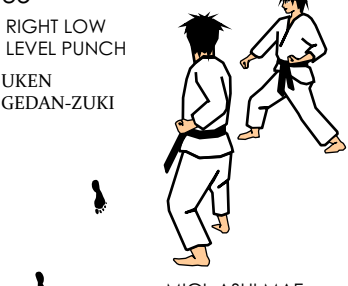
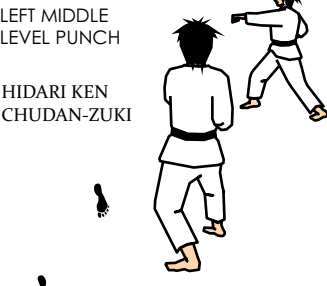
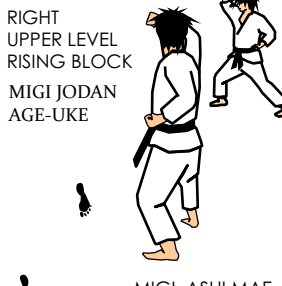
<p>15 RIGHT MIDDLE LEVEL BLOCK INSIDE OUTWARD LEFT DOWNWARD BLOCK MIGI CHUDAN UCHI UKE HIDARI GEDAN UKE</p> <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>16 SLOW RIGHT GRASPING BLOCK USHO TSUKAMI</p> <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>17 RIGHT MIDDLE LEVEL BLOCK INSIDE OUTWARD SLIDE RIGHT FOOT IN HALF ARC TO SIDE MIGI CHUDAN UCHI UKE</p> <p>MIGI ASHI MAE HANGETSU-DACHI</p>	<p>18 LEFT MIDDLE LEVEL STRAIGHT PUNCH HIDARI KEN CHUDAN GYAKU ZUKI</p> <p>MIGI ASHI MAE HANGETSU-DACHI</p>
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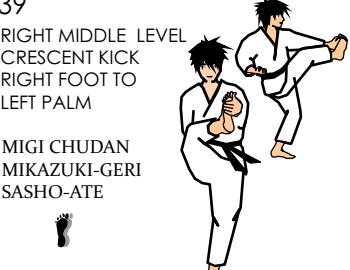
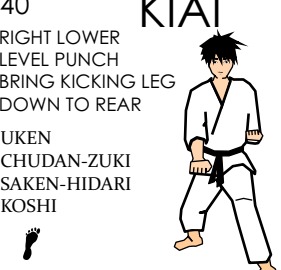
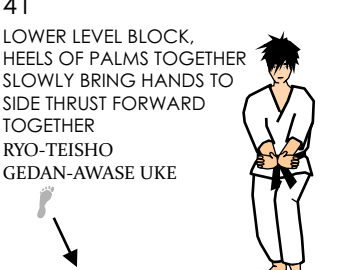

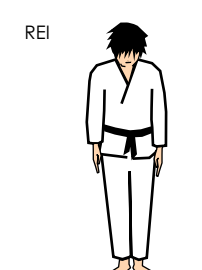
<p>19 RIGHT MIDDLE LEVEL STRAIGHT PUNCH UKEN CHUDAN ZUKI SAKEN HIDARI KOSHI</p> <p>MIGI ASHI MAE HANGETSU-DACHI</p>	<p>20 LEFT MIDDLE LEVEL BLOCK, INSIDE OUTWARDS YORI ASHI TO FACE OPPOSITE DIRECTION HIDARI CHUDAN UCHI UKE</p> <p>HIDARI-E YORI ASHI → HIDARI ASHI MAE HANGETSU DACHI</p>	<p>21 MIDDLE LEVEL RIGHT STRAIGHT PUNCH MIGI KEN CHUDAN GYAKU-ZUKI</p> <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>22 MIDDLE LEVEL LEFT STRAIGHT PUNCH SAKEN CHUDAN-ZUKI UKEN MIGI KOSHI</p> <p>HIDARI ASHI MAE HANGETSU DACHI</p>
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<p>23 MIDDLE LEVEL RIGHT INSIDE BLOCK SLIGHT YORI ASHI MIGI CHUDAN UCHI-UKE</p> <p>MIGI ASHI MAE HANGETSU-DACHI</p>	<p>24 MIDDLE LEVEL LEFT STRAIGHT PUNCH HIDARI CHUDAN GYAKU-ZUKI</p> <p>MIGI ASHI MAE HANGETSU-DACHI</p>	<p>25 MIDDLE LEVEL RIGHT STRAIGHT PUNCH UKEN CHUDAN -ZUKI SAKEN HIDARI KOSHI</p> <p>MIGI ASHI MAE HANGETSU-DACHI</p>	<p>26 VERTICAL STRIKE WITH LEFT BACK FIST BRING LEFT SOLE TO RIGHT KNEE AND RAISE LEG WHILST ROTATING HIP TO LEFT HIDARI URAKEN TATE MAWASHI-UCHI UKEN MIGI KOSHI</p> <p>MIGI KOKUTSU-DACHI</p>
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HANGETSU 3/3

<p>27 LEFT FIST AS IS RIGHT FIST AT RIGHT SIDE SLOWLY</p>  <p>MIGI-ASHI -MAE-KOSA</p>	<p>28 LEFT FIST ABOVE RIGHT SHOULDER LEFT FRONT SNAP KICK RAISE HAND AND KICK SIMULTANEOUSLY</p>  <p>HIDARI CHUDAN MAE-GERI-KEAGE SAKEN MIGI-KATA</p> <p>MIGI ASHI-DACHI</p>	<p>29 LEFT LOWER LEVEL PUNCH LOWER LEFT LEG IN FRONT OF RIGHT SAKEN GEDAN-ZUKI</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>30 RIGHT MIDDLE LEVEL PUNCH TWIST HIPS TO LEFT</p>  <p>MIGI CHUDAN GYAKU-ZUKI</p> <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>31 LEFT UPPER LEVEL RISING BLOCK HIDARI JODAN AGE-UKE</p>  <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>32 RIGHT BACK FIST VERTICAL STRIKE ROTATE HIPS TO RIGHT MIGI URAKEN TATE MAWASHI-UCHI SAKEN-HIDARI KOSHI</p>  <p>HIDARI KOKUTSO-DACHI</p>
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<p>33 AS IS SONO MAMA</p>  <p>HIDARI-ASHI -MAE-KOSA</p>	<p>34 RIGHT FIST ABOVE LEFT SHOULDER RIGHT FRONT SNAP KICK MIGI-CHUDAN MAE-GERI-KEAGE UKEN HIDARI KATA</p>  <p>HIDARI ASHI-DACHI</p>	<p>35 RIGHT LOW LEVEL PUNCH UKEN GEDAN-ZUKI</p>  <p>MIGI ASHI MAE HANGETSU-DACHI</p>	<p>36 LEFT MIDDLE LEVEL PUNCH</p>  <p>HIDARI KEN CHUDAN-ZUKI</p> <p>MIGI ASHI MAE HANGETSU-DACHI</p>	<p>37 RIGHT UPPER LEVEL RISING BLOCK MIGI JODAN AGE-UKE</p>  <p>MIGI ASHI MAE HANGETSU-DACHI</p>
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<p>38 LEFT VERTICAL STRIKE WITH BACK FIST ROTATE HIPS TO LEFT SWING LEFT FIST ABOVE HEAD</p>  <p>HIDARI URAKEN TATE MAWASHI-UCHI UKEN-MIGI-KOSHII</p> <p>MIGI KOKUTSO DACHI</p>	<p>39 RIGHT MIDDLE LEVEL CRESCENT KICK RIGHT FOOT TO LEFT PALM</p>  <p>MIGI CHUDAN MIKAZUKI-GERI SASHO-ATE</p> <p>HIDARI ASHI DACHI</p>	<p>40 RIGHT LOWER LEVEL PUNCH BRING KICKING LEG DOWN TO REAR</p> <p>KIAI</p>  <p>UKEN CHUDAN-ZUKI SAKEN-HIDARI KOSHI</p> <p>HIDARI ASHI MAE HANGETSU DACHI</p>	<p>41 LOWER LEVEL BLOCK, HEELS OF PALMS TOGETHER SLOWLY BRING HANDS TO SIDE THRUST FORWARD TOGETHER RYO-TEISHO GEDAN-AWASE UKE</p>  <p>HIDARI ASHI MAE NEKO-ASHI-DACHI</p>	<p>NAORE BRING LEFT LEG BACK YOI</p>  <p>HACHIJI DACHI RYOKEN-DAITAI MAE</p>	<p>REI</p>  <p>MUSUBI-DACHI</p>
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