

Yoi, Salut, annonce 'Bassai-dai engi bunkai ichi' (1^{ère} forme)

Exécution du kata	Techniques à appliquer
Kamae	
D-Morote uchi uke chudan	
G-uchi uke	
D-gyaku uchi uke	
	G-gyaku soto uke
	D-uchi uke
	D-kizami tsuki
	G-gyaku tsuki (KIAI)
D-gedan uchiude harai – D-soto uke	
G-gyaku uchi uke	
D-kamae	
G-tate shuto uke	
D-choku tsuki	
D-uchi uke	
G-choku tsuki	
G-uchi uke	
D-shuto uke	
G-shuto uke	
D-shuto uke	
	G-shuto uke
	G-nukite – D-tsukami
	Ryote tsukami – D-gedan fumikomi (KIAI)
G-shuto uke	
D-shuto uke	
Morote jodan yama uke	
Ryoken kent-sui uchi	
D-choku tsuki	
D-gedan shuto-nukite – G-jodan nagashi uke	
Mangi kamae	
	D-gedan barai
	D-yoko hijiate (KIAI)
G-haishu uke	
D-mikatsuki geri – D-mae hijiate	
D-gedan tsuki	
G- gedan tsuki – D-gedan tsuki	
G-ryoken koshi kamae	
D-yama tsuki	
D- ryoken koshi kamae	
G-yama tsuki	
G-ryoken koshi kamae	
	D-yama tsuki (KIAI)
D-gedan kake uke	
G-gedan kake uke	
D-suto uke	
D-shuto uke	
G-shuto uke	
Yame rei naotte	