

KIHON KATA NUMBER ONE

1. **(Count: Kihon Number One, Yoi)** Begin the *Kata* in *Kiyostuke* stance facing North (arbitrary North for reference). Bow to the front then announce the name of the *Kata*. Bring your open hands in front of your Solar Plexus, with your right hand in the left, forming an inverted V with your forearms. Then rotate this position downwards so that your hands are in front of your groin, with the fingers pointed down. Move your left foot out, then your right foot out to adopt the proper width of a *Shizentai* stance, still facing North. Close your hands into fists as you pull back, cross your arms in a guard in front of you and pull both arms back as if you are chambering two punches, and simultaneously breathe in deeply and fully. Then breathe out as you place your closed fists in a lower guard position in front of you.
2. **(Count: 1)** Look West as you chamber your left hand on your right shoulder, with your right arm pointing to your left. Move your left foot, turning into a left *Zenkutsu Dachi* facing West, while simultaneously performing left *Harai Uke*. *Kiai* on this technique.
3. **(Count:2)** Step forward into right *Zenkutsu Dachi* facing West while performing right *Chudan Tsuki*. *Kiai* on this technique.
4. **(Count:3)** Chamber your right hand on your left shoulder as you turn to your right with your right foot. As you turn, look towards the East and point your left arm Eastward. End in a right *Zenkutsu Dachi*, facing East, with a right *Harai Uke*. *Kiai* on this technique.
5. **(Count:4)** Step forward into left *Zenkutsu Dachi* facing East while performing left *Chudan Tsuki*. *Kiai* on this technique.
6. **(Count:5)** Look to the North as you pull back your left foot and chamber your left hand on your right shoulder with your right hand pointing North. Complete the turn into left *Zenkutsu Dachi* facing North, performing left *Harai Uke* with the turn. *Kiai* on this technique.
7. **(Count:6)** Step forward into right *Zenkutsu Dachi* facing North while performing right *Chudan Tsuki*. *Kiai* on this technique.
8. **(Count:7)** Step forward into left *Zenkutsu Dachi* facing North while performing left *Chudan Tsuki*. *Kiai* on this technique.
9. **(Count:8)** Step forward into right *Zenkutsu Dachi* facing **North** while performing right *Chudan Tsuki*. *Kiai* on this technique.
10. **(Count:9)** Take a quick glance to your right, and then turn to your left with your left foot all the way towards the East, turning your head to look towards that direction as you are turning. At the same time, chamber your left hand

on your right shoulder, while pointing your right hand towards the East. Complete the turn into left **Zenkutsu Dachi** facing East while completing left **Harai Uke**. **Kiai** on this technique.

11. **(Count:10)** Step forward into right **Zenkutsu Dachi** facing East while performing right **Chudan Tsuki**. **Kiai** on this technique.
12. **(Count:1)** Turn to your right with your right foot towards the West, looking towards that direction as you are turning. At the same time, chamber your right hand on your left shoulder, while pointing your left hand towards the West. Complete the turn into right **Zenkutsu Dachi** facing West while completing right **Harai Uke**. **Kiai** on this technique.
13. **(Count:2)** Step forward into left **Zenkutsu Dachi** facing West while performing left **Chudan Tsuki**. **Kiai** on this technique.
14. **(Count:3)** Turn to your left with your left foot towards the South, looking towards that direction as you are turning. At the same time, chamber your left hand on your right shoulder, while pointing your right hand towards the South. Complete the turn into left **Zenkutsu Dachi** facing South while completing left **Harai Uke**. **Kiai** on this technique.
15. **(Count:4)** Step forward into right **Zenkutsu Dachi** facing South while performing right **Chudan Tsuki**. **Kiai** on this technique.
16. **(Count:5)** Step forward into left **Zenkutsu Dachi** facing South while performing left **Chudan Tsuki**. **Kiai** on this technique.
17. **(Count:6)** Step forward into right **Zenkutsu Dachi** facing South while performing right **Chudan Tsuki**. **Kiai** on this technique.
18. **(Count:7)** Take a quick glance to your right, and then turn to your left with your left foot all the way towards the West, turning your head to look towards that direction as you are turning. At the same time, chamber your left hand on your right shoulder, while pointing your right hand towards the West. Complete the turn into left **Zenkutsu Dachi** facing West while completing left **Harai Uke**. **Kiai** on this technique.
19. **(Count:8)** Step forward into right **Zenkutsu Dachi** facing West while performing right **Chudan Tsuki**. **Kiai** on this technique.
20. **(Count:9)** Turn to your right with your right foot towards the East, looking towards that direction as you are turning. At the same time, chamber your right hand on your left shoulder, while pointing your left hand towards the East. Complete the turn into right **Zenkutsu Dachi** facing East while completing right **Harai Uke**. **Kiai** on this technique.

21. **(Count:10)** Step forward into left **Zenkutsu Dachi** facing East while performing left **Chudan Tsuki**. **Kiai** on this technique.
22. **(Count:Up)** Keep looking East as you pull your left foot back into a **Shizentai** stance (body facing North). As you pull back, cross your arms in a guard in front of you and pull both arms back as if you are chambering two punches. Hold this position for a count of three **(Count:1,2,3)**. This symbolizes that you are verifying that the last attacker is no longer a threat. Turn your head sharply to the front (North), keeping your hands in the same position. Hold this position for a count of three **(Count:1,2,3)**. This symbolizes that you are verifying that no other attackers are threatening you from any other direction. Lower your hands into a lower guard position in front of you. Move your right foot in, then your left foot in, then open your hands and bring them in front of your Solar Plexus, with your right hand in the left, forming an inverted V with your forearms. Then rotate this position downwards so that your hands are in front of your groin, with the fingers pointed down. Bring your hands to your side to adopt **Kiyostuke** stance. Finish with a bow.