

NAIFUNCHI NIDAN

1. **(Count: Naifunchi Nidan, Yoi)** Begin the *Kata* in *Kiyostuke*. 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.
2. Continue to look forward as you step with your left foot over and across your right foot. (Brush the toes of your left foot across the floor and raise your left heel to pass over your right foot). Finish the cross step with your left foot just beside your right foot i.e. keep the cross step short! As you perform the step, set your hands in a guard position in front of your chest, fists closed, palms facing each other, fists about one inch apart, and the forearms forming an inverted “V”.
3. Look to the right and step with the right foot towards the right into **Naihanshi Dachi** (body facing front, head and technique towards the right). Directly from the guard position, simultaneously perform left **Ura Tsuki** towards the right and right **Chudan Tetsui Uke**, also towards the right (think of a closed-handed **Shuto Uke** to the right), completing these two techniques as the foot sets into the stance. Make sure the block is far back enough to have an attack from the side clear your body.
4. *Continue this sequence* by stepping with your left foot over and across your right foot. (Brush the toes of your left foot across the floor and raise your left heel to pass over your right foot). Finish the cross step with your left foot just beside your right foot i.e. keep the cross step short! As you perform the step, perform right **Gedan Tetsui Uke** towards the right, directly from the previous position, covering the inside of your right elbow with your open left hand as the block is completed. Make sure the block is far ahead enough to have an attack from the side clear the front of your body.
5. *Continue this sequence* by stepping with your right foot towards the right into **Naihanshi Dachi** (body facing front, head and technique still to the right). As you step, chamber the right hand back towards your left shoulder and perform right **Gedan Uraken Uke** towards the right. Make sure the block is far back enough to have an attack from the side clear your body, and keep your left hand covering your right elbow during this technique.
6. Pull your left foot to your right foot into *Kiyostuke* stance as you look to the front. As you set the stance, set your hands in a guard position in front of your chest, fists closed, palms facing each other, fists about one inch apart, and the forearms forming an inverted “V”.

7. Look to the left and step with the left foot towards the left into **Naihanshi Dachi** (body facing front, head and technique towards the left). Directly from the guard position, simultaneously perform right **Ura Tsuki** towards the left and left **Chudan Tetsui Uke**, also towards the left, completing these two techniques as the foot sets into the stance (think of a closed-handed **Shuto Uke** towards the left). Make sure the block is far back enough to have an attack from the side clear your body.
8. *Continue this sequence* by stepping with your right foot over and across your left foot. (Brush the toes of your right foot across the floor and raise your right heel to pass over your left foot). Finish the cross step with your right foot just beside your left foot i.e. keep the cross step short! As you perform the step, perform left **Gedan Tetsui Uke** towards the left, directly from the previous position, covering the inside of your left elbow with your open right hand as the block is completed. Make sure the block is far ahead enough to have an attack from the side clear the front of your body.
9. *Continue this sequence* by stepping with your left foot towards the left into **Naihanshi Dachi** (body facing front, head and technique towards the left). As you step, chamber the left hand back towards your right shoulder and perform left **Gedan Uraken Uke** towards the left. Make sure the block is far back enough to have an attack from the side clear your body and keep your right hand covering your left elbow during this technique.
10. Look to the right and chamber both hands on your left hip, the right fist palm back placed in the open left hand. Perform right **Yoko Uke** towards the right with your open left hand augmenting the right fist. Make sure the block is far back enough to have an attack from the side clear your body. Bring your right foot back to your left knee (avoiding a foot sweep) then rotate your right elbow vertically upwards as you place your foot back into **Naihanshi Dachi**. The left hand should not move, thus anchoring the hand technique. This technique is meant to break a grab to your wrist.
11. Still towards the right, chamber your right hand on your left shoulder with your left hand pointing to the right. Both hands are in **Shuto** formation. Perform right **Chudan Shuto Uke** towards the right, with your left hand finishing in a fist on your left hip. Continue the sequence with a left **Ura Tsuke** towards the right.
12. Step with your left foot over and across your right foot. (Brush the toes of your left foot across the floor and raise your left heel to pass over your right foot). Finish the cross step with your left foot just beside your right foot i.e. keep the cross step short! Bring your right foot in a straight line up to your left knee (avoiding a foot sweep), then step into **Naihanshi Dachi** facing towards the front as you perform a one handed left **Yoko Uke** towards the front. *Continue this sequence* by performing **Kuro Tora** (simultaneous right **Yoko Uke** and

left **Harai Uke**) to the front (do not “punch down” with the right hand in order to set up the right **Yoko Uke**). *Finish this sequence* by chambering the right arm back and the left arm across your body as if to perform **Yoko Uchi**. Your left arm stays across your body as a guard (fist palm down), and the right arm completes right **Yoko Uchi** as a **Uraken** strike with your right elbow finishing resting lightly on the back of your left fist. (Imagine using **Yoko Uchi** to knock away your opponent’s guard as you simultaneously strike him in the face with a backfist, using the same hand *and* the same motion).

13. Look to the left and chamber both hands on your right hip, the left fist palm back placed in the open right hand. Perform left **Yoko Uke** towards the left with your open right hand augmenting the left fist. Make sure the block is far back enough to have an attack from the side clear your body. Bring your left foot back to your right knee (avoiding a foot sweep) then rotate your left elbow vertically upwards as you place your foot back into **Naihanshi Dachi**. The right hand should not move, thus anchoring the hand technique. This technique is meant to break a grab to your wrist.
14. Still towards the left, chamber your left hand on your right shoulder with your right hand pointing to the left. Both hands are in **Shuto** formation. Perform left **Chudan Shuto Uke** towards the left, with your right hand finishing in a fist on your right hip. Continue the sequence with a right **Ura Tsuke** towards the left.
15. Step with your right foot over and across your left foot. (Brush the toes of your right foot across the floor and raise your right heel to pass over your left foot). Finish the cross step with your right foot just beside your left foot i.e. keep the cross step short! Bring your left foot in a straight line up to your right knee (avoiding a foot sweep), then step into **Naihanchi Dachi** facing towards the front as you perform a one handed right **Yoko Uke** towards the front. *Continue this sequence* by performing **Kuro Tora** (simultaneous left **Yoko Uke** and right **Harai Uke**) to the front (do not “punch down” with the left hand in order to set up the left **Yoko Uke**). *Finish this sequence* by chambering the left arm back and the right arm across your body as if to perform **Yoko Uchi**. Your right arm stays across your body as a guard (fist palm down), and the left arm completes left **Yoko Uchi** as a **Uraken** strike with your left elbow finishing resting lightly on the back of your right fist. (Imagine using **Yoko Uchi** to knock away your opponent’s guard as you simultaneously strike him in the face with a backfist, using the same hand *and* the same motion). **Kiai** on this move.
16. **(Count:Up)** Pull your right foot back into a **Kiyostuke** stance (body facing front). As you pull back, open your hands and bring them in front of your Solar Plexus, with your right hand in the left, palms toward you, 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. 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. Hold this position for a further count of three (**Count:1,2,3**). This symbolizes that you are verifying that no other attackers are threatening you from any other direction. Bring your hands to your side to adopt ***Kiyostuke*** stance. Finish with a bow.