

NAIFUNCHI SANDAN

1. **(Count: Naifunchi Sandan, 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. Slide your right foot to the right, moving into **Shiko Dachi** stance and chamber your left hand in your right armpit, with your right arm held horizontally across your front. Complete left **Chudan Yoko Uke** as you set the **Shiko Dachi** stance. *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**). *Continue 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).
3. From the **Yoko Uchi** position, perform two deflection blocks with the right hand by moving the hand first to the inside, then to the outside in two short sweeping motions, each approximately shoulder wide. Then pull the right hand back halfway (leaving the left arm in position), and perform right **Jodan Gyakuken Tsuki** to the front. *Continue this sequence* by pulling the right arm back and chambering it on the right hip, then perform right **Chudan Tsuki** to the front. The left arm maintains its position and the left hand opens and covers the right elbow at the moment this last punch is executed. Finish this sequence by looking to the right while chambering the right hand on the left shoulder and perform right **Gedan Uraken Uke** to the right (keep the open left hand on the right elbow during this technique). Make sure the block is far back enough to have an attack from the side clear your body.
4. Keep looking to the right and 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! Then raise the right foot in a straight line from the floor to the inside of the left knee. This technique is to avoid a sweep to your right foot. Avoid performing the “ghost kick” (do not extend the leg needlessly). As you raise your right foot, chamber your right hand to your left shoulder, keeping the open left hand on the right elbow. Complete the step down towards the right with your right foot, into **Naihanshi**

Dachi and complete right **Harai Uke** (body facing front, head and technique to the right).

5. From the same stance, and with the left hand remaining on the right elbow, look to the front as you chamber the right hand on the right hip, then perform right **Chudan Tsuki** to the front. Quickly follow the punch with a short one-handed right **Yoko Uke**, also to the front (the right hand should leave from the punch position and perform the block in the shortest route). *Continue this sequence* with a short left **Harai Uke** to the front (the left hand should leave from the right elbow and perform the block in the shortest route). *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).
6. Look to the left as you 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! Raise the left foot in a straight line from the floor to the inside of the right knee. This technique is to avoid a sweep to your left foot. Avoid performing the “ghost kick”. Then turn your head sharply to the front as you step down with your left foot into **Naihanshi Dachi** (head and body facing front). Keep your hands in their last position through this maneuver.
7. From the **Yoko Uchi** position, perform two deflection blocks with the left hand by moving the hand first to the inside, then to the outside in two short sweeping motions, each approximately shoulder wide. Then pull the left hand back halfway (leaving the right arm in position), and perform left **Jodan Gyakuken Tsuki** to the front. *Continue this sequence* by pulling the left arm back and chambering it on the left hip, then perform left **Chudan Tsuki** to the front. The right arm maintains its position and the right hand opens and covers the left elbow at the moment this last punch is executed. Finish this sequence by looking to the left while chambering the left hand on the right shoulder (keep the open right hand on the left elbow during this technique) and perform left **Gedan Uraken Uke** to the left. Make sure the block is far back enough to have an attack from the side clear your body.
8. Keep looking to the left and 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! Then raise the left foot in a straight line from the floor to the inside of the right knee. This technique is to avoid a sweep to your right foot. Avoid performing the “ghost kick”. As you raise your left foot, chamber your left hand to your right shoulder, keeping the open right hand on the left elbow. Complete the step down towards the left with your left foot, into **Naihanshi Dachi** and complete left **Harai Uke** (body facing front, head and technique to the left).

9. From the same stance, and with the right hand remaining on the left elbow, look to the front as you chamber the left hand on the left hip, then perform left **Chudan Tsuki** to the front. Quickly follow the punch with a short one-handed left **Yoko Uke**, also to the front (the left hand should leave from the punch position and perform the block in the shortest route). *Continue the sequence* by looking towards the right, while chambering 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. *Finish the sequence* with a left **Ura Tsuke** towards the right.
10. 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). **Kiai** on this move.
11. **(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.