

# NAIFUNCHI SHODAN

1. **(Count: Naifunchi Shodan, 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!
3. Look to your right as you chamber your right hand on your left shoulder and point your left arm to your right (both hands are in **Shuto** formation). At the same time, 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). Then step down with your right foot into **Naihanshi Dachi** (body facing front, head turned to the right) while completing right **Chudan Shuto Uke** to the right. Make sure the block is far back enough to have an attack from the side clear your body. The reaction hand on this technique finishes as if chambering a punch on the left hip (hand closed).
4. *Continue this sequence* with left **Chudan Empi Uchi** to the right. Use your open right hand to symbolize the target. Ensure that the elbow strikes the hand instead of the hand striking the elbow. Do not allow the stance to turn on this strike.
5. Turn your head sharply to the left and *continue this sequence* with a left **Harai Uke** to the left (directly from the **Empi Uchi** position). Make sure the block is far back enough to have an attack clear your body. *Finish this sequence* with right **Chudan Ura Tsuki** to the left. Do not allow the stance to turn on this punch.
6. Keep looking 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” (do not extend the leg needlessly). Then turn your head sharply to the front as you step down with your left foot into **Naihanshi Dachi** (head and body facing front) and perform a one-handed right **Yoko Uke** to the front (no reaction hand; the left hand remains on the left hip throughout this move).

7. *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).
8. Turn your head sharply to the left as you raise your left foot to the inside of your right knee. This technique is to avoid a sweep to your left foot. Avoid performing the “ghost kick”. Then simultaneously place your left foot back into **Naihanshi Dachi** and perform left **Chudan Tetsui Uke** towards the left (directly from the Yoko Uchi position, think of a closed-handed **Shuto Uke** to the left). Make sure the block is far back enough to have an attack from the side clear your body. As you perform this technique, keep your right arm as a guard across your body by keeping your right fist under your left elbow during this block.
9. *Continue this sequence* by turning your head sharply to the front and performing left **Yoko Uchi** to the front. Again, your right arm is kept as a guard across your body by keeping your right fist under your left elbow during this block.
10. *Continue this sequence* by raising your right foot to the inside of your left knee. This technique is to avoid a sweep to your right foot. Avoid performing the “ghost kick” (do not extend the leg needlessly). Then simultaneously place your right foot back into **Naihanshi Dachi** and perform left **Yoko Uchi** to the right. Make sure the block is far back enough to have an attack from the side clear your body. As you perform this technique, keep your right arm as a guard across your body by keeping your right fist under your left elbow during this block.
11. *Finish this sequence* by chambering both hands to your right hip from the completed **Yoko Uchi** position as you look left. Then perform simultaneous left **Tetsui Uke** and right **Ura Tsuki** to the left (both at shoulder height). Make sure the block is far back enough to have an attack from the side clear your body.
12. In the same stance, keep looking to your left as you chamber your left hand on your right shoulder and point your right arm to your left (both hands are in **Shuto** formation). Complete left **Chudan Shuto Uke** to the left. Make sure the block is far back enough to have an attack from the side clear your body. The reaction hand on this technique finishes as if chambering a punch on the right hip (hand closed).

13. *Continue this sequence* with right **Chudan Empi Uchi** to the left. Use your open left hand to symbolize the target. Ensure that the elbow strikes the hand instead of the hand striking the elbow. Do not allow the stance to turn on this strike.
14. Turn your head sharply to the right and *continue this sequence* with a right **Harai Uke** to the right (directly from the **Empi Uchi** position). Make sure the block is far back enough to have an attack from the side clear your body. *Finish this sequence* with left **Chudan Ura Tsuki** to the right. Do not allow the stance to turn on this punch.
15. Keep looking to the right 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! 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). Then turn your head sharply to the front as you step down with your right foot into **Naihanshi Dachi** (head and body facing front) and perform a one-handed left **Yoko Uke** to the front (no reaction hand; the right hand remains on the right hip throughout this move).
16. *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).
17. Turn your head sharply to the right as you raise your right foot to the inside of your left knee. This technique is to avoid a sweep to your right foot. Avoid performing the “ghost kick” (do not extend the leg needlessly). Then simultaneously place your right foot back into **Naihanshi Dachi** and perform right **Chudan Tetsui Uke** towards the right (directly from the **Yoko Uchi** position, think of a closed-handed **Shuto Uke** to the right). Make sure the block is far back enough to have an attack from the side clear your body. As you perform this technique, keep your left arm as a guard across your body by keeping your left fist under your right elbow during this block.
18. *Continue this sequence* by turning your head sharply to the front and performing right **Yoko Uchi** to the front. Again, your left arm is kept as a guard across your body by keeping your left fist under your right elbow during this block.

19. *Continue this sequence* by raising your left foot to the inside of your right knee. This technique is to avoid a sweep to your left foot. Avoid performing the “ghost kick” (do not extend the leg needlessly). Then simultaneously place your left foot back into **Naihanshi Dachi** and perform right **Yoko Uchi** to the left. Make sure the block is far back enough to have an attack from the side clear your body. As you perform this technique, keep your left arm as a guard across your body by keeping your left fist under your right elbow during this block.
  
20. *Finish this sequence* by chambering both hands to your left hip as you look right. Then perform simultaneous right **Tetsui Uke** and left **Ura Tsuki** to the right (both at shoulder height). Make sure the block is far back enough to have an attack from the side clear your body. **Kiai** on this move.
  
21. **(Count:Up)** Keep looking right as you 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. Turn your head sharply to the front , 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. Bring your hands to your side to adopt **Kiyostuke** stance. Finish with a bow.