





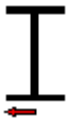



Kihon (Basic) Kata Pattern

(Based On Kihon Kata # 1)

- Bow (rei).
- From "attention" (kyiostke), state the name of the kata with confidence and pride: **Kihon Kata # 1**
- Ready position (shizentai)
- Begin HARD with a KIAI on EVERY move.

Movements		Comments
1. Looking to your left, move your left fist above your right collarbone, turn 90 degrees to your left (counter-clockwise turn) into a left front stance [hidari zenkutsu dachi] and perform a left down block [hidari harai uke].		In Kihon Kata # 1, perform a down block [harai uke] every time you turn. A down block [harai uke] can also be used as a strike. Perform the down block with force, as if you are striking your imaginary opponent in the leg.
2. Step forward into a right front stance [migi zenkutsu dachi] with a right lunge punch [migi oi zuki].		In Kihon Kata # 1, each down block [harai uke] to the side is followed by a lunge punch [oi zuki]. Stay down: do not bob up and down moving between stances.
3. Looking over your right shoulder, move your right fist above your left collarbone, turn 180 degrees to your right (clockwise turn) into a right front stance [migi zenkutsu dachi] and perform a right down block [migi harai uke].		
4. Step forward into a left front stance [hidari zenkutsu dachi] with a left lunge punch [hidari oi zuki].		
5. Looking to your left, move your left fist above your right collarbone, turn 90 degrees to your left (counter-clockwise turn) into a left front stance [hidari zenkutsu dachi], and perform a left down block [hidari harai uke].		
6. Step forward into a right front stance [migi zenkutsu dachi] with a right lunge punch [migi oi zuki].		
7. Step forward into a left front stance [hidari zenkutsu dachi] with a left lunge punch [hidari oi zuki].		
8. Step forward into a right front stance [migi zenkutsu dachi] with a right lunge punch [migi oi zuki].		
9. Look to the right first, then looking over your left shoulder, move your left fist above your right collarbone, turn 270 degrees to your left [counter-clockwise turn] into a left front stance [hidari zenkutsu dachi] and perform a left down block [hidari harai uke].		
10. Step forward into a right front stance [migi zenkutsu dachi] with a right lunge punch [migi oi zuki].		

11. Looking over your right shoulder, move your right fist above your left collarbone, turn 180 degrees to your right (clockwise turn) into a right front stance [migi zenkutsu dachi] and perform a right down block [migi harai uke].		
12. Step forward into a left front stance [hidari zenkutsu dachi] with a left lunge punch [hidari oi zuki].		
13. Looking to your left, move your left fist above your right collarbone, turn 90 degrees to your left (counter-clockwise turn) into a left front stance [hidari zenkutsu dachi], and perform a left down block [hidari harai uke].		
14. Step forward into a right front stance [migi zenkutsu dachi] with a right lunge punch [migi oi zuki].		
15. Step forward into a left front stance [hidari zenkutsu dachi] with a left lunge punch [hidari oi zuki].		
16. Step forward into a right front stance [migi zenkutsu dachi] with a right lunge punch [migi oi zuki].		
17. Look to the right first, then looking over your left shoulder, move your left fist above your right collarbone, turn 270 degrees to your left (counter-clockwise turn) into a left front stance [hidari zenkutsu dachi] and perform a left down block [hidari harai uke].		
18. Step forward into a right front stance [migi zenkutsu dachi] with a right lunge punch [oi zuki].		
19. Looking over your right shoulder, move your right fist above your left collarbone, turn 180 degrees to your right (clockwise turn) into a right front stance [migi zenkutsu dachi], and perform a right down block [migi harai uke].		
20. Step forward into a left front stance [hidari zenkutsu dachi] with a left lunge punch [hidari oi zuki] and your loudest yell [kiai].		

- Keeping your eyes on your imaginary opponent, step back with your left foot into ready position (shizentai),
- count to 3 in your head, and turn your head to look forward.
- Count to three in your head, return to "attention" (kyiostke).
- Bow (rei).

End Of Kata