

SHORT 1

Start at attention with hands chambered at sides

Left foot steps out into a square horse, a shoulder and a half apart

Right hand is the weapon (closed fist), left hand (open) is the shield

This is an informal opening

- Step 1. Left foot steps back into a fighting horse; you are facing 12
Cock your right hand to your right ear as your left hand chambers
Right inward block to 12
- Step 2. Right foot steps back into a fighting horse; you are facing 12
Cock your left hand to your left ear as your right hand chambers
Left inward block to 12
- Step 3. Right foot steps Forward to its original position
Right hand cock to right ear as your left hand chambers
Turn to face 9; right inward to 9 / left vertical outward to 9
- Step 4. Left foot steps back into a fighting horse
Left inward to 9 (cover block)
Right vertical outward block to 9 as your left hand chambers
- Step 5. Your right foot crosses over left foot in a straight line
Turn to face 3 as you do a right inward to 3
Left upward block to 3 as right hand chambers
- Step 6. Left steps back into a fighting horse; you are facing 3
Left inward (cover) from the previous upward
Right upward block to 3 as your left hand chambers
- Step 7. Left steps up; you are in a fighting horse facing 3
Right downward block as you turn to face 6 in a fighting horse
- Step 8. Right foot steps back into a fighting horse facing 6
Left hand cocks up vertically as right hand chambers
Left downward block to 6
- Step 9. Left foot steps around clockwise into a square horse to close

1. Be consistent; step first then block
2. Keep head level throughout Kata
3. Know where your opponent is; look toward blocks
4. Use full power with good technique
5. Keep all stances in a fighting horse
6. Keep flow or rhythm of Kata the exact same throughout Kata
7. Keep shoulders back and level