

How to perform the kata

1. **Yoi** (Ready Position)
Stand ready with your feet about shoulder width apart, hands closed in front of the hips, and eyes focused forward.
2. **Hidari Chudan Uchi Uke Kokutsu Dachi** (Left Mid-level Inside Block, Back Stance)
Look to the left and step in that direction with the left foot into a back stance while executing a left hand inside block.
3. **Migi Chudan Oi Zuki Zenkutsu Dachi** (Right Mid-level (Sternum) Lunge Punch, Front Stance)
Step forward into a new front stance and punch forward to the midsection with the right hand.
4. **Migi Chudan Uchi Uke Kokutsu Dachi** (Right Mid-level Inside Block, Back Stance)
Begin by looking to the rear over the right shoulder. Keeping the left foot in place, step with the right foot to the rear, via your right side, and turn into a back stance while doing an inside block with the right hand.
5. **Hidari Chudan Oi Zuki Zenkutsu Dachi** (Left Mid-level (Sternum) Lunge Punch, Front Stance)
Step forward into a new front stance and punch forward to the midsection with the left hand.
6. **Hidari Gedan Barai Zenkutsu Dachi** (Left Lower Sweeping Block, Front Stance)
Look to the left and step in that direction with the left foot into a front stance while executing a left hand Lower Sweeping Block.
7. **Migi Jodan Oi Zuki Zenkutsu Dachi** (Right Head-level Lunge Punch, Front Stance)
Step forward into a new front stance and punch forward to the face with the right hand.
8. **Hidari Jodan Oi Zuki Zenkutsu Dachi** (Left Head-level Lunge Punch, Front Stance)
Step forward into a new front stance and punch forward to the face with the left hand.
9. **Migi Jodan Oi Zuki Zenkutsu Dachi [Kiai]** (Right Head-level Lunge Punch, Front Stance, Kiai)
Step forward into a new front stance and punch forward to the face with the right hand. Kiai as you complete the punch.
10. **Hidari Chudan Uchi Uke Kokutsu Dachi** (Left Mid-level Inside Block, Back Stance)
Look to the right using your peripheral vision. Moving your left, rear, foot, pivot counter-clockwise on your right foot in a 270 degree spin. Stop and land in a back stance while executing a left hand inside block.
11. **Migi Chudan Oi Zuki Zenkutsu Dachi** (Right Mid-level (Sternum) Lunge Punch, Front Stance)
Step forward into a new front stance and punch forward to the midsection with the right hand.
12. **Migi Chudan Uchi Uke Kokutsu Dachi** (Right Mid-level Inside Block, Back Stance)
Begin by looking to the rear over the right shoulder. Keeping the left foot in place, step with the right foot to the rear, via your right side, and turn into a back stance while doing an inside block with the right hand.
13. **Hidari Chudan Oi Zuki Zenkutsu Dachi** (Left Mid-level (Sternum) Lunge Punch, Front Stance)
Step forward into a new front stance and punch forward to the midsection with the left hand.
14. **Hidari Gedan Barai Zenkutsu Dachi** (Left Lower Sweeping Block, Front Stance)
Look to the left and step in that direction with the left foot into a front stance while executing a left hand Lower Sweeping Block.
15. **Migi Jodan Oi Zuki Zenkutsu Dachi** (Right Head-level Lunge Punch, Front Stance)
Step forward into a new front stance and punch forward to the face with the right hand.
16. **Hidari Jodan Oi Zuki Zenkutsu Dachi** (Left Head-level Lunge Punch, Front Stance)
Step forward into a new front stance and punch forward to the face with the left hand.
17. **Migi Jodan Oi Zuki Zenkutsu Dachi [Kiai]** (Right Head-level Lunge Punch, Front Stance, Kiai)
Step forward into a new front stance and punch forward to the face with the right hand. Kiai as you complete the punch.
18. **Hidari Chudan Uchi Uke Kokutsu Dachi** (Left Mid-level Inside Block, Back Stance)
Look to the right using your peripheral vision. Moving your left, rear, foot, pivot counter-clockwise on your right foot in a 270 degree spin. Stop and land in a back stance while executing a left hand inside block.
19. **Migi Chudan Oi Zuki Zenkutsu Dachi** (Right Mid-level (Sternum) Lunge Punch, Front Stance)
Step forward into a new front stance and punch forward to the midsection with the right hand.
20. **Migi Chudan Uchi Uke Kokutsu Dachi** (Right Mid-level Inside Block, Back Stance)
Begin by looking to the rear over the right shoulder. Keeping the left foot in place, step with the right foot to the rear, via your right side, and turn into a back stance while doing an inside block with the right hand.
21. **Hidari Chudan Oi Zuki Zenkutsu Dachi** (Left Mid-level (Sternum) Lunge Punch, Front Stance)
Step forward into a new front stance and punch forward to the midsection with the left hand.
22. **Yoi** (Ready Position)
Return to the ready position by first looking to the left. Then, keeping the right foot in place, step counter clock-wise with the left foot, ending in both the same posture and location that you started the form with.