

NAIHANCHI #1

1. *Attention stance*, (heels together, toes apart). Bow.
2. Hands together at upper chest level, out from body, left over right, fingers pointing outward cross - body at 45° angle.
3. Hands remain on top of each other and pivot downward, fingers pointing toward floor. Toes move together, pivoting on heels.
4. Look right. Step left leg over right in *crossover step*. Hands remain in previous position.
5. Continue *crossover step* with right leg out into *front facing horse stance*. Simultaneously execute right 90° **back of hand strike**, shoulder level. Left fist returns to hip.
6. Execute left **elbow strike** to right palm, shoulder level.
7. Look left 45°. Bring left fist over right, palms facing, to right side of body. Execute **left low block-strike** to left side of body.
8. Execute **right hook-punch**, solar plexus level, across and 45° out from body, simultaneously bringing left fist to left hip. (Still in *horse stance*).
9. Still looking left, step right foot over left *crossover step* into front -facing *horse stance*.
10. Look forward and execute **right outside middle block**.
11. Remain in previous stance. Execute simultaneous **right low block** and **left inside middle block**.
12. Bring right fist to left elbow, palm down, and execute left **front striking uppercut** to chin.
13. Look left 45°. Bring **left foot to right knee** in sweeping motion and return to *horse stance*.
14. Follow immediately by twisting your upper body left 45° and executing a left **outside middle block- strike**, palm down, and snap it back to the previous position- straight forward from left shoulder - palm down.
15. Keeping both feet in place, turn face 90° to the right. Bring **right foot to left knee** in sweeping motion, and return to *horse stance*.
16. Twist upper body to right 45° and execute a **left inside middle block**, palm up.
17. Look left 90°. Bring **left fist over right fist**, palms facing , at right hip.
18. Maintaining *horse stance*, execute **double punches** to left at chest level. (18.CONT.) (left arm extended, right arm bent 90° at elbow.)
19. Turn left hand over 90°, palm facing forward, with left arm parallel to ground 90° counterclockwise from front of chest, and pull right fist back to right hip.
20. Maintaining *horse stance*, strike **left palm with right elbow**.

21. Look right 90°. Bring right fist over left fist at left hip. Execute **right down block- strike** to right side of body.
22. Execute **left hook punch**, solar plexus level, across and out 45° from body, simultaneously bringing right fist to right hip.
23. Still looking right, step **left foot over right** (*crossover step*) into *front facing horse stance*.
24. Look forward and execute **left inside middle block**.
25. Remain in previous stance. Execute simultaneous **left low block** and **right inside middle block**.
26. Bring left hand to right elbow, palm down. Execute **right front uppercut** to chin. (With good pullback-out and back quickly.)
27. Look right 45°. Bring **right foot to left knee** in sweeping motion and return to *horse stance*.
28. Immediately twist your body to the right 45°, execute a **right outside middle block - strike**, palm down, and snap it back to the previous position - straight forward from right shoulder - palm down.
29. Keeping both feet in place, turn face 90° to the left. Bring **left foot to right knee** in sweeping motion and return to *horse stance*.

30. Twist upper body to the left 45° and execute a **right inside middle block**, palm up.
 31. Look right 90°. Bring **right fist over left fist** , palms facing, at left hip.
 32. Maintaining *horse stance*, execute **double punches** to right at chest level. (Right arm extended, left arm bent 45° at elbow).
 33. Bring **right foot to left foot** in *attention stance*. (Heels together, toes apart).
 34. Immediately bring hands together at upper chest level, out from body, left over right, fingers pointing outward cross - body at 45° level.
 35. Hands remain on top of each other and pivot downward, fingers pointing toward floor. Toes move together, pivoting on heels.
 36. Bring hands to sides in *attention stance*. Toes move back apart, pivoting on heels.
- END OF KATA.**