

## NAIHANCHI #2 (NAIHANCHI NIDAN)

1. *Attention stance.* (12:00)
2. Step out with left foot into *ready stance.*
4. Look right. Step left leg over right in *crossover step.* Pull hands up to chest level, fists closed, palms inward.
5. Continue *crossover step* with right leg out into *front facing horse stance.* Simultaneously execute **right outward middle block (120°)** and **left cross body roundhouse punch. (Mawashi tsuki)**
6. Look forward. Step left leg over right in *crossover step.* Execute **right middle inward block** (shoulder level); left arm across chest, hand over bicep, palm down, parallel to the ground.
7. Head snap right. Execute **right middle outward block, (120°)** left arm across chest, hand over bicep, palm down, parallel to the ground.
8. Look left. Step right leg over left in *crossover step.* Pull hands up to chest level, fists closed, palms inward.
9. Continue *crossover step* with left leg out into *front facing horse stance.* Simultaneously execute **left outward middle block (120°)** and **right cross body roundhouse punch. (Mawashi tsuki)**
10. Look forward. Step right leg over left in *crossover step.* Execute **left middle inward block** (shoulder level), right arm across chest, hand over bicep, palm down, parallel to the ground.
11. Head snap left. Execute **left middle outward block (120°)**, right arm across chest, hand over bicep, palm down, parallel to the ground.
12. Pull hands to left hip, left open hand covering right fist.
13. Execute **right augmented down block**, finishing palm up, left hand on inside right forearm.
14. Immediately execute a **right elbow strike** to the front, left hand under fist. Simultaneously lift right leg slightly and stomp floor. ***KIAI***
15. Look right and execute a **right knifehand strike**, simultaneously pulling your left hand to your left hip.
16. Execute **left hook-punch**, solar plexus level, across and 45° out from body, simultaneously bringing right fist to right hip. (Still in *horse stance*).
17. Still looking right, step left foot over right *crossover step* into front -facing *horse stance.*
18. Look forward and execute **left outward middle block.**
19. Remain in previous stance. Execute simultaneous **right outward middle block** and **left low block.**

20. Bring left fist to (under) right elbow, palm down, and execute right **front striking uppercut** to chin.
21. Execute **left augmented down block**, finishing palm up, right hand on inside left forearm.
22. Immediately execute a **left elbow strike** to the front, right hand under left fist. Simultaneously lift left leg slightly and stomp floor. ***KIAI***
23. Look right and execute a **left knifehand strike**, simultaneously pulling your right hand to your right hip.
24. Execute **right hook-punch**, solar plexus level, across and 45° out from body, simultaneously bringing left fist to left hip. (Still in *horse stance*).
25. Still looking left, step right foot over left *crossover step* into front -facing *horse stance*.
26. Look forward and execute **right outward middle block**.
27. Remain in previous stance. Execute simultaneous **left outward middle block** and **right low block**.
28. Bring right fist to left elbow, palm down, and execute left **front striking uppercut** to chin.
29. Bring left foot to right and slowly lower hands to the front to *ready stance*.

**END OF KATA.**