

NAIHANCHI Sandan

1. *Attention stance.* (12:00)
2. Step out with left foot into *ready stance*.
4. Step right foot out into *front facing horse stance*. Simultaneously execute a **left outward middle block**.
5. Execute simultaneous **right outward middle block** and **left low block**.
6. **Execute a right inward middle block**, palm up, cross body, in and back rapidly, as you bring your left fist to (under) your right elbow, palm down.
7. Execute a right **front striking uppercut** to chin.
8. Withdraw your right fist to your right hip, covered by your left open (palm down) hand.
9. Execute a right front thrust punch, with left open (palm down) hand covering your right bicep, followed by a **right outward middle block**.
10. Head snap right. Step left leg over right in *crossover step* into *front facing horse stance*.. Execute **right middle outward block, (120°)** to 3:00 left arm across chest, fingers over bicep, palm down.
11. From the previous stance, immediately execute a **right down block** to 3:00, fingers still over bicep, palm down.
12. Head snap forward. Execute a right front thrust punch, with left open (palm down) hand covering your right bicep. **KIAI**
13. Execute simultaneous **right outward middle block** and **left low block**, followed immediately by a simultaneous **left outward middle block** and **right low block**.
14. Bring your right fist to (under) your left elbow, palm down, and execute a left **front striking uppercut** to chin.
15. Head snap left. With your right fist under your left elbow, palm down, step right leg over left in *crossover step* into a *front facing horse stance*..
16. Execute a **left inward middle block**, palm up, cross body, in and back rapidly, with your right fist still under your left elbow, palm down.
17. Execute a left **front striking uppercut** to chin.
18. Withdraw your left fist to your left hip, covered by your right open (palm down) hand.
19. Execute a left front thrust punch, with right open (palm down) hand covering your right bicep, followed by a **left outward middle block**.
20. Head snap left. Step right leg over left in *crossover step* into *front facing horse stance*.. Execute left **middle outward block, (120°)** to 9:00 right arm across chest, fingers over bicep, palm down.

21. From the previous stance, immediately execute a **left down block** to 9:00, fingers still over bicep, palm down.
22. Withdraw your left fist to your left hip, covered by your right open (palm down) hand. ***KIAI***
23. Execute a left front thrust punch, with right open (palm down) hand covering your right bicep.
24. Look right and execute a **right knifehand strike**, simultaneously pulling your left hand to your left hip.
25. Execute **left hook-punch**, solar plexus level, across and 45° out from body, simultaneously bringing right fist to right hip. (Still in *horse stance*).
26. Still looking right, step left foot over right *crossover step* into front -facing *horse stance*.
27. Remain in previous stance. Execute simultaneous **left outward middle block** and **right low block**, followed immediately by a **right outward middle block** and **left low block**.
28. Bring left fist to (under) right elbow, palm down, and execute right **front striking uppercut** to chin.
29. Bring left foot to right and slowly lower hands to the front to *ready stance*.

END OF KATA.