

NISEISHI

1. *Attention stance.* (12:00)
2. Step out with left foot into *ready stance*.
3. Bring both arms up, (crossing right over left), into double **outward middle blocks**.
4. Step right foot back into *left cat stance*. Simultaneously execute a **right te - uke**.
5. Step left foot forward into *left front stance*. Simultaneously execute a **right covered front punch**.
6. From the previous stance, execute simultaneous **right outward middle block** and **left low block, followed by a simultaneous left outward middle block and right low block**.
7. Step across with your left foot and turn 180 clockwise into a *right front stance*. Simultaneously execute double **outward middle blocks**.
8. From the previous stance, raise your right knee up and set it back down. Immediately execute two outward hammer fists at outward middle block level.
9. Head snap left. Immediately execute a left knifehand strike.
10. Leaving the left knifehand extended, execute a **left side kick**.
11. Set foot down into a *rear facing horse stance* and immediately execute a right mawashi zuki (as you pull your left hand back to your hip), immediately followed by a right knifehand strike.
12. Leaving the right knifehand extended, execute a **right side kick**.
13. Set foot down into a *rear facing horse stance* and immediately execute a left mawashi zuki (as you pull your right hand back to your hip)
14. Step right foot forward into a *right front stance* and immediately execute simultaneous double palm strikes - left high, right low.
15. Step across with your right foot and turn 180 into a *left front stance*. Simultaneously raise your right hand to your forehead (palm out) as you bring your left palm down and in front of your left thigh.
16. Step right foot forward into a low right forward leaning stance and slap the back of your left hand with your right palm, then immediately bring your palms to centerline position - left on top facing 3:00; right on bottom facing 9:00.
17. Step left foot forward into a *left front stance*, simultaneously executing a **left augmented outward block**.
18. Step right foot forward into a low right forward leaning stance and execute a right upward elbow strike as you look down and left.
19. From the previous stance, execute a left downward punch, immediately followed by a simultaneous **left outward middle block and right low block**.

20. Step left foot forward toward 9:00 into a left *front stance*, simultaneously executing a **left augmented outward block**.
21. Step right foot forward into a low right forward leaning stance and execute a right upward elbow strike as you look down and left.
22. From the previous stance, execute a left downward punch, immediately followed by a simultaneous **left outward middle block** and **right low block**.
23. Step left foot forward toward 6:00 into a left *front stance*, simultaneously executing a **left augmented outward block**.
24. Step right foot forward into a low right forward leaning stance and execute a right upward elbow strike as you look down and left.
25. From the previous stance, execute a left downward punch, immediately followed by a simultaneous **left outward middle block** and **right low block**.
26. Step right foot across and turn 180 clockwise into a left front stance as you withdraw both hands to your hips.
27. simultaneously execute double seiken punches - right high, left low. **KIAI!**
28. Step your left foot back into attention stance, leaving arms extended
29. Step your right foot forward into a cat stance. Execute a right downward shuto as you bring your left hand - shuto position - up.
30. Step right foot back to ready stance and close.

End of kata.