

## Basic Kata #1

Jim Squire

- Ready position, salute, "Basic kata #1", look R,C,L
- Horse stance North by touching L leg to R knee then place L leg out while R hand palm block (brush fly in front of nose).
- L straight punch, R straight punch, **kiah**.
- Pivot L: Look L, bring L leg in to attention stance, hug self, L hand on top. Pivot into left forward stance facing West and low block with L hand. Make R leg straight!
- Raise L fist while crescent step with R foot.
- R straight punch.
- Front leg pivot: Look back. Take him out. Hug self with R hand on top, then move front R foot to rear to face East while low blocking with R hand. L leg straight!
- Raise R hand, crescent step forward with L leg, L straight punch.
- Look left. Take him out. Hug self with L hand on top, pivot L to face North while low blocking with L, raise L hand.
- R crescent step, punch R, L crescent step, punch L, R crescent punch R, **kiah**.
- Rear leg pivot: move rear (L) leg forward and to right, then pivot 270° to face East while low blocking with L hand. Rear leg (R) straight!
- L hand up. Crescent move forward with R leg. Punch R hand. L leg straight!
- Front leg pivot: move front (R) leg to rear for 180° turn (West). Low block with R hand. L leg straight.
- Raise R hand, crescent step forward with L leg, punch with L hand. R leg straight.
- Pivot L to face South, hugging with L hand high, then low block with L hand into L forward stance.
- Three crescent steps and punches forward until in R forward stance, R hand out in punch, L leg straight. **Kiah!**
- Rear leg pivot 270° to West, low block with L hand, into L front stance.
- Raise L hand, crescent step forward into R front stance, punch with R. L leg straight.
- Front leg pivot (with R foot) 180° to East R front stance, low block R, L leg straight.
- Raise R hand, crescent step forward with L leg, punch with L hand. R leg straight.
- Pivot L to face North. Do not low block but go into ready position. Salute, bow.