

Hajime Kata

- ❖ Facing 12:00, Bow, pay respect and present yourself.
- ❖ Bring your left fist (palm toward you) up to your right temple, turn left to 9:00 into a left forward fighting stance, chamber your right hand and execute a left downward block.
- ❖ C-Step forward with your right, chamber your left hand and execute a right basic punch.
- ❖ Bring your right fist (palm toward you) up to your left temple. Turn right to 3:00 into a right forward fighting stance, chamber your left hand and execute a right downward block.
- ❖ C-Step forward with your left, chamber your right hand and execute a left basic punch.
- ❖ Turn left to 12:00 into a left forward fighting stance, chamber your right hand and execute a left 45 degree outward block.
- ❖ C-Step forward with your right foot into a right forward fighting stance, chamber your left hand and execute a right basic punch.
- ❖ C-Step forward with your left foot and execute a left basic punch and then C-Step forward with your right foot into a longer right forward fighting stance and execute a right basic punch and "kiai". *Do these two punches with a more rapid succession.

- ❖ Bring your right fist (palm towards you) up to your left temple, turn right to 3:00 into a right forward fighting stance, chamber your left hand and execute a right downward block.
- ❖ C-Step forward with your left into a left forward fighting stance, chamber your right hand and execute a left basic punch.
- ❖ Bring your left fist (palm toward you) up to your right temple. Turn left to 9:00 into a left forward fighting stance, chamber your right hand and execute a left downward block.
- ❖ C-Step forward with your right, chamber your left and execute a right basic punch.
- ❖ Pivot to your left at 6:00 into a left forward fighting stance, chamber your right hand and execute a left 45 degree outward block.
- ❖ C-Step forward with your right foot into a right forward fighting stance, chamber your left hand and execute a right basic punch.
- ❖ C-Step forward with your left foot and execute a left basic punch and then C-Step forward with your right foot into a longer right forward fighting stance and execute a right basic punch and "kiai". *Do these two punches with a more rapid succession.
- ❖ Bring your right fist (palm toward you) up to your left temple, pivot right to 9:00 into a right forward fighting stance, chamber your left hand and execute a right downward block.
- ❖ C-Step forward with your left, chamber your right hand and execute a left basic punch.
- ❖ Bring your left fist (palm toward you) up to your right temple, turn left to 3:00 into a left forward fighting stance, chamber your right hand and execute a left downward block.
- ❖ C-Step forward with your right, chamber your left hand and execute a right basic punch.
- ❖ Turn to 12:00, Bow, pay respect and present yourself.