

## Form 3

1. Stand at attention and bow. Announce your form, "Form Number Three". Step to ready position.
2. Step forward into a forward stance and rising block (blocking hand on the same side as the foot you step forward with). Your other hand is tight in a fist back by your ribs.
3. Fold for a Shuto. Your hand that was blocking will point ahead, and the other hand will fold up by your ear.
4. Step forward with your back foot into a forward stance, and Shuto.
5. Fold again for a Shuto. Your hand that was blocking will point ahead, and the other hand will fold up by your ear.
6. Step forward with your back foot into a forward stance, and Shuto.
7. Point your blocking hand forward, and use your back leg and do an inside crescent kick on the palm of your pointing hand; land that foot in front in a forward stance. As that foot touches the ground, you will punch. Loud karate yell on that punch.
8. Now, we repeat what we just did, but towards the back of the room. Turn and look over your back leg towards the back of the room. Turn to the back and land in a forward stance and rising block (again, blocking hand is the same side as the foot that is forward in your forward stance).
9. Fold for a Shuto. Your hand that was blocking will point ahead, and the other hand will fold up by your ear.
10. Step forward to the back of the room with your back foot into a forward stance, and Shuto.
11. Fold again for a Shuto. Your hand that was blocking will point ahead, and the other hand will fold up by your ear.
12. Step forward with your back foot into a forward stance, and Shuto.
13. Point your blocking hand forward, and use your back leg and do an inside crescent kick on the palm of your pointing hand; land that foot in front in a forward stance. As that foot touches the ground, you will punch. Loud karate yell on that punch.
14. Turn towards the front in your ready position.

15. Bring feet together and bow.

Tips for a Great Form:

- ★ Take your time! There should be a 1-2 second pause after every single move.
- ★ Be speedy- to each single move, not speedy through the whole form.
- ★ Be accurate- punch to the center of the body each time; rising block above your forehead, shuto in front of your chest and shoulder, crescent kick to your hand
- ★ Be strong- a solid forward stance will make your moves stronger, as will a good fold for your shuto.
- ★ Be focused and confident- use a serious focused face and take a few focus breaths before you begin.
- ★ Have fun! Great work challenging yourself and building up your body and mind! 👍