

Kata 1

(Form 2 and Form 3 together)

1. Stand at attention and bow. Announce your form, "Kata Number One". 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. Step forward with your back foot into a forward stance, switching to do a rising block with your new hand as your new foot lands in a forward stance.
4. Keeping your hands in that rising block position from the last step, use your back leg and do a front kick; land that foot in front in a forward stance. As that foot touches the ground, you will do a double punch- first hand to punch will be the hand that was against your ribs, and the second hand to punch will be the other hand. Loud karate yell on that last punch.
5. 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).
6. Step forward towards the back of the room with your back foot into a forward stance, switching to rising block with your new hand as your new foot lands in a forward stance.
7. Keeping your hands in that rising block position from the last step, use your back leg and do a front kick; land that foot in front in a forward stance. As that foot touches the ground, you will do a double punch- first hand to punch will be the hand that was against your ribs, and the second hand to punch will be the other hand. Loud karate yell on that last punch.
8. Turn and look over your back leg towards the front of the room. Turn to the front 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 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. 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).
15. Fold for a Shuto. Your hand that was blocking will point ahead, and the other hand will fold up by your ear.
16. Step forward to the back of the room with your back foot into a forward stance, and Shuto.
17. Fold again for a Shuto. Your hand that was blocking will point ahead, and the other hand will fold up by your ear.
18. Step forward with your back foot into a forward stance, and Shuto.
19. 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.
20. Turn towards the front in your ready position.
21. 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, front kick to the body, chest, or head
- ★ 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! 👍