




























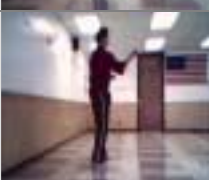


















































# NAIHANCHIN KATA – NARRATIVE

		Front	Side
1	Starting in Musubi Dachii (Attention Stance), Rei (Bow)		
2	Peace/War		
3	Bring the toes of both feet together/Open the hands – guarding the groin		
4	Look left, Step right foot across to the left side of the left foot, Stepping high – Continue the step lifting the left foot and move it to the left into Naihanchin Dachii (Ready Stance with the toes turned in)		
5	Left Ridgehand Chest Block to the left side		
6	Circular Elbow Strike with the right elbow striking into the left palm		
7	Stack the hands on the left hip		
8	Look Right, Bring the right foot in-and-up in a sweep avoidance		

9	Set back to Naihanchin Dachii (Ready Stance with the toes turned in), Set right hand to the left shoulder and Leg Block to the right side		
10	Left hand Gouge to the right side		
11	Step left foot across to the right side of the right foot, Stepping high – Continue the step lifting the right foot and move it to the right into Naihanchin Dachii (Ready Stance with the toes turned in)		
12	Look to front, Left Ridgehand Chest Block to the front		
13	Left Hammerfist Low Block to the front		
14	Right Uppercut Elbow Strike to the front/Move the left hand to guard the groin		
15	Right Backknuckle Strike to the front/Raise the left hand open to guard the right elbow		
16	Look right, Bring the right foot in-and-up in a sweep avoidance		
17	Set back to Naihanchin Dachii (Ready Stance with the toes turned in), Right Chest Block to the right side – leave left hand guarding the right elbow		

18	Re-set the right hand guarding in front of the chest, Look left, Bring the left foot in-and-up in a sweep avoidance		
19	Set back to Naihanchin Dachi (Ready Stance with the toes turned in), Set the left hand on the hip in a chambered position, Right Inside Chest Block to the left side		
20	Stack hands on the left hip, Look right, Bring the right foot in-and-up in a sweep avoidance		
21	Set back to Naihanchin Dachi (Ready Stance with the toes turned in), Set the right hand on the hip in a chambered position, Double Punch to the right side		
22	Right Ridgehand Chest Block to the right side		
23	Circular Elbow Strike with the left elbow striking into the right palm		
24	Stack the hands on the right hip		
25	Look Left, Bring the left foot in-and-up in a sweep avoidance		
26	Set back to Naihanchin Dachi (Ready Stance with the toes turned in), Set left hand to the right shoulder and Leg Block to the left side		

27	Right hand Gouge to the left side		
28	Step right foot across to the left side of the left foot, Stepping high – Continue the step lifting the left foot and move it to the left into Naihanchin Dachii (Ready Stance with the toes turned in)		
29	Look to front, Right Ridgehand Chest Block to the front		
30	Right Hammerfist Low Block to the front		
31	Left Uppercut Elbow Strike to the front/Move the right hand to guard the groin		
32	Left Backknuckle Strike to the front/Raise the right hand open to guard the left elbow		
33	Look left, Bring the left foot in-and-up in a sweep avoidance		
34	Set back to Naihanchin Dachii (Ready Stance with the toes turned in), Left Chest Block to the left side – leave right hand guarding the left elbow		
35	Re-set the left hand guarding in front of the chest, Look right, Bring the right foot in-and-up in a sweep avoidance		

36	Set back to Naihanchin Dachii (Ready Stance with the toes turned in), Set the right hand on the hip in a chambered position, Left Inside Chest Block to the right side		
37	Stack hands on the right hip, Look left, Bring the left foot in-and-up in a sweep avoidance		
38	Set back to Naihanchin Dachii (Ready Stance with the toes turned in), Set the left hand on the hip in a chambered position, Double Punch to the left side		
39	Step left foot up to Musubi Dachii (Attention Stance), Peace/War		
40	Rei (bow)	