

KATA NI (FORM TWO)

Page1 Of 2

REVISED: 1991 SENSEI JEFF HARDWICK, 4TH DEGREE BLACK BELT

NOTE: IT IS UNDERSTOOD THAT ALL FRONT SNAP PUNCHES ARE HELD & ALL OTHER TECHNIQUES COME BACK UNLESS OTHERWISE STATED.

1. Rt F Punch to Solar Plexus **(KIA)**
2. Rt F Punch to Nose
3. Rt S Punch to Nose
4. Lt S Punch to Nose
5. Lt F Punch to Groin **(KIA)**
6. Lt 90d into Cross-T Stance w/ Lt Foot, F Punch to Nose
7. Lt Punch across chest to Rt side to Nose
8. Step out of T stance w/ Rt foot 90d, Rt B Fist to Nose **(KIA)**
9. Rt F S B Fist to Ribs
10. Lt F S B Fist to Ribs
11. Lt F B Fist to Nose
12. Lt upward strike Hammer to Under Chin & Hold **(KIA)**
13. Ready Stance
14. Double S B Fists to Nose
15. Double F B Fists to Cheek Bones & Hold
16. Ready Stance
17. Hyper-Extension Stance w/ Rt Leg, Rt F Hack to Throat
18. Rt F S Hack to Side of Neck
19. Pivot Both Feet & Body Rt 90d, Rt Leg directly in F of Lt Leg, Rt F Hack to Throat **(KIA)**
20. Step Lt Leg directly in F of Rt Leg, Lt Spear Hand to Solar Plexus
21. Step even w/ Rt Knife Hand to Rt eye, Bring Rt hand back into Shuto

22. Sway Rt into Cat Stance w/ Lt Foot Forward
23. Sway Lt into Cat Stance w/ Rt Foot Forward
24. Sway Rt into Cat Stance w/ Lt Foot Forward
25. Sway Lt into Cat Stance w/ Rt Foot Forward
26. Slide Lt Foot Back into Cross-T Stance, Lt Spear Hand Across Rt side of Chest to Lt eye w/ Rt Hand Reverse Hack Block across chest **(KIA)**
27. Step out of T stance w/ Rt foot 90d w/ Rt F Hack to Throat
28. Rt F S Hack to S of Neck
29. Step up w/ Rt Leg, Rt F Hack to Throat
30. Step even w/ Lt Leg, Rt F S Hack to S of Neck
31. Hyper-Extension w/ Rt leg, Rt S Elbow to Solar Plexus & Hold **(KIA)**
32. Lt S Elbow to Solar Plexus & Hold **(KIA)**
33. Step w/ Rt Leg & Break over Lt Knee w/ Both Palms stepping even
34. Hyper-Extension w/ Lt Leg, Lt S B Fist to Nose **(KIA)**
35. Rt Foot Planted, Rt 270d into Hyper-ext. w/ Lt Leg, Lt S Snap Punch to Solar Plexus (Note: Rt hand is placed on own Solar Plexus palm up)
36. Lt Foot Planted, Lt 180d into Hyper-Ext. w/ Rt Leg, Rt S Snap Punch to Solar Plexus (Lt Hand is placed on own Solar Plexus palm up)
37. Double F Punch, Lt Punch directed to Nose & Rt Punch to Solar Plexus w/ palm up **(KIA)**
38. Double F Punch, Reverse techniques used in #37
39. Lt 90d, Rt F Kick to Solar Plexus & step into 180d pivot **(KIA)**
40. Rt F Hack 45d angle to Rt side to Throat
41. Lt F Punch 45d angle to Rt side to nose, Rt F Hack 45d angle (going over punch as punch comes back) to throat
42. Lt F S Back Fist 45d angle Lt to Nose while brining Lt Foot into Straight of Balance Stance **(KIA)**

STEP INTO WIDTH OF BALANCE STANCE FOR BOW