
**** WHITE BELT ****

**** WHITE BELT STANCES ****

"Forward Stance"

For maximum control, speed and power, you must stand in the correct manner. The first stance is the "Forward Stance." When the left foot is forward, it is the "Left Forward Stance". When the right foot is forward, it is the "Right Forward Stance."

Face forward. Put your feet shoulder-width apart. Place your left foot three foot-lengths ahead. Position your right foot four lengths of your foot behind you. The toes on the left foot point straight ahead. The toes on the right foot point to the right 45 degrees. Bend the left knee. Distribute your weight evenly over both legs.

Your shoulders are square to the front. So, neither shoulder is in front of the other. Your back is straight. Your chin is lowered. The top, back of your head (your crown) is the highest part of your body. Hold your head straight up. Don't lean your head forward. Leaning forward puts you off balance.

Extend your left arm over your left knee about four inches above the knee. Your left hand is in a fist. Point the bottom of the fist (the little finger side) away from the body. Put your right fist at your side near your belt. Your knuckles point to the floor.

Sparring Tip:

Forward Stances are not used in sparring. They present too many front-of-the-body targets. Forward Stances are used in training because they force you to develop good karate body posture.

First develop excellent Forward Stances. Then you will easily learn the fighting stances. Before all else, learn control. Study the techniques of each kick, punch and block. Practice them slowly and deliberately. First master the mechanics, then work on speed. Make your technique perfect. Then practice doing the technique faster. Lastly, after mastering technique and speed, develop power. First learn control through proper technique. Then speed. Lastly, power.

"Fighting Stance"

This is the basic stance used in sparring. Your side is the only target facing your opponent. Your side is easier to defend. It has fewer critical targets than the front of your body.

Go into "Left Fighting Stance". Your left leg is forward. Point both your feet to the right at 45 degrees. Keep your tail down by bending both knees equally. Tuck both elbows in close to your ribs. Your forearms are straight up. Keep your elbows near your belt. Keep your fists a couple of inches out from your cheeks. Keep your back straight and your chin tucked in.

Shuffle your feet forward and back. Don't point them straight at your opponent as this would open-up your vulnerable front. When moving forward and back, keep your feet close to the floor. Don't step high as you could trip. Don't cross your legs when stepping forward as this puts you off-balance.

Reversing the position of your arms, legs and feet puts you into the "Right Fighting Stance".

Sparring Tip:

Keep your eyes on your opponent's upper chest. Do not watch your opponent's eyes or head. It's easy to fake with eye movements and head bobs. The upper chest controls the arm muscles of your opponent's punches. The upper chest is critical for your opponent's balance as he kicks. By watching your opponent's upper chest, you will "see" his punches and kicks just as he begins them. This helps you avoid or block them and plan your counterattack!

When sparring, breathe slowly in through your nose and out through your mouth. Breathe in deeply, fully and slowly. Breathing this way keeps you calm during sparring.

**** WHITE BELT KICKS ****

"Front Snap Kick"

A) From the Right Fighting Stance, bring your left knee up in front of you. The kicking leg is the back leg. Keep the left foot and lower leg pointed down. Keep your elbows in near your belt. Keep your fists near your cheeks. Keep your arms in this position throughout the kick.

B) Raise your toes. This pulls your toes up and away from the ball of the foot. Extend the lower leg outward in a quick kick. Strike with the ball of the foot. After striking the target, quickly pull your foot back to position "A."

C) Put the left leg down in front. This leaves you in the Left Fighting Stance.

Practice the Front Snap Kick by saying "A" as you raise your knee, "B" as you strike with the ball of the foot, and "C" as you pull back your foot and lower it to the ground in front of you.

Beware of trying to strike without first bending the knee. You will be unable to get power and the kick is easily blocked aside. You must bend your knee before kicking!

Your right leg is your supporting leg. All your weight is on this leg as you kick with the left leg. Slightly bend the supporting leg. The bend in your supporting leg helps you keep your balance. If the supporting leg is straight and rigid, you will tip over as you kick and make contact.

The supporting foot stays planted on the floor. It doesn't "skip" or "slide" forward. The contact point with the floor is slightly behind the ball of the foot. Using the middle of the foot, slightly behind the ball, gives you better balance and mobility.

To do the Front Snap Kick with your right foot, start from the Left Fighting Stance.

Sparring Tip:

When sparring, I use the Front Snap Kick and the Front Kick more than any other kick. As sparring begins, I use these kicks to probe my opponent's defense. I watch how he blocks. Does he always block the same way? Does his block create an opening for a punch? Does he always dodge to the left? Or to the right? Can I follow-up my Front Snap Kick with a Round House Kick towards the direction of his retreat?

Use the Front Snap Kick to frustrate your opponent's attack. As he charges towards you, throw a Front Snap Kick at his mid-section. He'll have to block it or dodge away. Whatever he does, you've stopped his momentum and can counter attack.

"Turning Side Kick"

A) From the Left Fighting Stance, bring your right knee up in front of you. Raise your ankle too, so your lower leg is horizontal. Rotate your supporting left foot so it points 90 degrees to the left (to the outside). The supporting left knee is slightly bent to help your balance. The supporting

knee points to the left. Your right side now faces your opponent. Turn your head to look directly at your opponent over your right shoulder. Keep your elbows in near your belt. Keep your fists near your cheeks. Keep your arms in this position throughout the kick.

B) Extend your right leg toward your opponent in a quick kick. Strike with the heel. The foot stays horizontal. After striking the target, pull the foot quickly back. Return the foot to where it was in position "A."

C) Put the striking foot down in front of you. This leaves you in Right Fighting Stance.

While doing the Turning Side Kick, keep your back as straight as possible. If you develop the bad habit of "leaning back" while kicking, you will be off balance. After kicking "off balance," you are unable to follow up your kick with other attacking or defending moves.

Practice the Turning Side Kick by saying "A" as you raise your knee, "B" as you strike with the heel, and "C" as you pull back your foot and lower it to the ground in front of you.

Beware of trying to strike without first bending the knee. You will be unable to get power and the kick is easily blocked aside. You must bend your knee before kicking!

Your left leg is your supporting leg. All your weight is on this leg as you kick with the right leg. The supporting leg is slightly bent. The bend in your supporting leg helps you keep your balance. If the supporting leg is straight and rigid, you will tip over as you kick and make contact.

After turning 90 degrees to the outside, the supporting foot stays planted on the floor. It doesn't "skip" or "slide" forward. The contact point with the floor is slightly behind the ball of the foot, between the heel and toes. Using the middle of the foot gives you better balance and mobility.

Whenever a Kick has "Turning" in its name, the strike comes from the back leg. To do the Turning Side Kick with your left foot, start from the Right Fighting Stance.

Sparring Tip:

The Turning Side Kick (along with the Spinning Side Kick), are the most powerful kicks in your arsenal. Their tremendous force enable you to "kick through" your opponents blocks. The kick will smash through his blocking arms. The force drives his arms and fists back into his own body.

On defense, if you are blocking against an incoming Turning Side Kick, don't directly block the kick. Instead, use your block to push the incoming foot away. Or, step back or to the side so the incoming foot misses.

"Turning Round House Kick"

A) From the Left Fighting Stance, bring your right knee up in front of you. Raise your ankle so your lower leg is horizontal. Rotate your supporting left foot so it points 90 degrees to the left (to the outside). The supporting left knee is slightly bent to help your balance. The supporting knee points to the left. Your right side now faces your opponent. Turn your head to look directly at your opponent. Keep your elbows in near your belt. Keep your fists near your cheeks. Keep your arms in this position throughout the kick.

B) Swing your right lower leg toward your opponent in a quick kick. Extend your toes like you would if you were standing on your tip toes. Strike with the top of the instep. This is the area where the ankle meets the foot. It's the top of the foot, back toward the ankle. After striking the target, pull the foot quickly back. Return the foot to where it was in position "A."

C) Put the striking foot down in front of you. This leaves you in Right Fighting Stance.

While doing the Turning Round House Kick, keep your back as straight as possible. Your

backbone should be close to vertical. If you develop the bad habit of "leaning back" while kicking, you will be off balance. After kicking "off balance," you are unable to follow up your kick with other attacking or defending moves.

Practice the Turning Round House Kick by saying "A" as you raise your knee, "B" as you strike with the top of the instep, and "C" as you pull back your foot and lower it to the ground in front of you.

Beware of trying to strike without first bending the knee. You will be unable to get power and the kick is easily blocked aside. You must bend your knee before kicking!

Your left leg is your supporting leg. All your weight is on this leg as you kick with the right leg. The supporting leg is slightly bent. The bend in your supporting leg helps you keep your balance. If the supporting leg is straight and rigid, you will tip over as you kick and make contact.

After turning 90 degrees to the outside, the supporting foot stays planted on the floor. It doesn't "skip" or "slide" forward. The contact point with the floor is slightly behind the ball of the foot, between the heel and toes. Using the middle of the foot gives you better balance and mobility.

Work on pointing your toes down from your knee while doing any Round House Kick. If you don't pull your toes away from the foot's striking surface, there is a chance you will accidentally catch your toes on the target and bend them backwards. This hurts!

Round House kicks attack your opponent from his side. Front Snap Kicks and Turning Side Kicks go straight at your opponent. If your opponent's left side is in front of you, your Turning Round House from your right leg will strike him in the chest. This is how you can "kick around" your opponent's defense.

Whenever a Kick has "Turning" in its name, the strike comes from the back leg. To do the Turning Round House Kick with your left foot, start from the Right Forward Stance.

Sparring Tip:

While Front Snap Kicks and Turning Side Kicks go straight at your opponent, Round House Kicks attack your opponent from his side. If your opponent's left side is in front of you, your Turning Round House from your left leg will strike him in his chest. This is how you can "kick around" your opponent's defense.

****** WHITE BELT PUNCHES ******

"Reverse Punch"

From Left Fighting Stance, close your right hand into a fist. Put your thumb outside the closed fingers. Put your thumb over the first joints of the fingers, just past the fingernails.

Put your right fist next to your belt on your right side with the wrist up. Punch forward with your right fist. Just before hitting the target, rotate your fist so that the wrist is down. Strike only with the two big knuckles of the pointer finger and the middle finger. They are the big knuckles where the fingers enter the hand.

Twist your right leg as you hit the target. The twist adds great power to your punch. For practice, imagine an opponent exactly your height. Aim for his solar plexus. This is the soft area just below the ribs.

Change from Left Fighting Stance to Right Fighting Stance to work on the punch with your other fist.

Sparring Tip:

The Reverse Punch is the "standard" karate punch. I use the Reverse Punch on over half of the punches I throw in a tournament. It's fast. It's easy to return to a defensive position. It's extremely important to quickly bring your arms back to the defensive position after your punch.

The punch twists just before impact. This adds extra power. As your punch strikes, give a "key-yai" shout. This deep sound starts down deep in your lungs. The shout gives you added power and startles your opponent.

"Vertical Punch"

For this punch, make a fist just as you did with the Reverse Punch. But the fist doesn't turn. Keep the fist vertical. Keep the thumb side up. Do not twist the wrist at the moment of impact. As you strike the target, your fist is straight up and down. The striking surface is the two big knuckles. Twist your right leg as you hit the target. The twist adds great power to your punch.

Contrast the Vertical Punch with the Reverse Punch. The Reverse Punch is the standard Karate punch. It is faster. The twist adds more power. The Vertical Punch is the standard Boxing punch. Sometimes when your opponent is charging, the Vertical Punch is the best response.

For this punch and all other punches, change from Left Stance to Right Stance to work on the punch with your other fist.

Sparring Tip:

Use the Vertical Punch for inside punching. When you and your opponent are head-to-head, throw a Vertical Punch. When you are in close, you won't have enough time or distance to twist your fist into a Reverse Punch. So, use the raw straight-ahead power of the Vertical Punch. Remember to immediately bring your arms back into defensive position.

"Back Fist Punch"

From the Right Fighting Stance, make a fist with your right hand. Your elbows are in next to your belt. Your fists are near your cheeks. Your right side faces your opponent. Your head is turned toward your opponent. Bend your knees. Keep your back straight.

Strike the target with the back of your right fist. Your Back Fist acts like a club on a hinge. It swings out quick and hard. Immediately return your right arm to the defensive position of the Right Fighting Stance - elbows in and fists near your cheeks.

Change from Right Fighting Stance to Left Fighting Stance to work on the punch with your other fist.

Sparring Tip:

The Back Fist is especially useful in the opening stages of sparring. Use it to feel out your opponent's defense. As you shuffle in and out, throw a quick Back Fist. Immediately bring your arm back to defensive position.

Watch how your opponent defends. If he raises an arm to High Block your Back Fist, then he exposes his mid-section. Next time, fake a Back Fist while throwing a Reverse Punch to his mid-section. If he raises his arm to High Block, your Reverse Punch will score.

I like to throw a lot of Back Fists while sparring. It keeps my opponent off-guard. It foils his attacks. It obscures his vision. It sets him up for my second attack.

"Inside to Outside Block"

Assume that your opponent is punching toward your chest. From the Left Fighting Stance, move your left forearm quickly to the left. Your left forearm dips in toward your chest. Then it circles out with speed and power. This blocks the punch outside your left shoulder.

The blocking surface is the thumb side of your forearm. Don't make the mistake of blocking with the wrist side or the back-of-the-hand side. It seems unusual at first to block with the thumb side. But because of the position of the forearm's two inner bones, the thumb side is very strong. Practice this!

Just block his punch far enough away that it misses your body. There is no need to push it any further. That would take extra time and serve no purpose. Your objective is to block and quickly counter attack.

Change from Left Stance to Right Stance to work on the block with your other arm.

Sparring Tip:

As I teach this block to beginners, they often comment that it stings their forearm. Yes, it does. People seldom use this part of their arm. It is sensitive. But, after several hundred practice blocks, the forearm loses its sensitivity. You must push yourself beyond the initial stings.

The Inside to Outside Block is critical to your self defense. It allows you to keep your arms in Fighting Stance while you deflect an incoming punch. Then, you are in position to immediately counter attack with your own punch.

After blocking with the Inside to Outside Block, use the same arm to throw a Reverse Punch at your opponent. Practice this Kung Fu technique of using the same arm to block and counter attack.

"Outside to Inside Block"

Assume that your opponent is punching toward your chest. From the Left Fighting Stance move your left forearm quickly to the right. Your block knocks his punch outside your right shoulder

The blocking surface is the little finger side of your forearm. Don't make the mistake of blocking with the wrist side or the back-of-the-hand side. It may seem unusual at first to block with the little finger side. But because of the position of the forearm's two inner bones, the little finger side is very strong. Practice this!

Just block his punch far enough away that it misses your body. There is no need to push it any further. That would take extra time and serve no purpose. Your objective is to block and quickly counter attack.

Change from Left Stance to Right Stance to work on the block with your other arm.

Sparring Tip:

After blocking with the Outside to Inside Block, use the same arm to throw a Back Fist at your opponent. Practice this Kung Fu technique of using the same arm to block and counter attack.

Above all, karate teaches self defense. Perfect blocks are better than perfect kicks and perfect punches. The Outside to Inside Block protects the vital areas of your mid-section and face.

"High Block"

Use the High Block to protect your head. The High Block deflects punches from coming down on your head. It protects you from sticks, clubs, bats and other long objects, too. It can be a life

saving block. Learn it well.

From Left Fighting Stance, raise your left elbow about level with your left ear. Make a fist with your left hand. Raise your left fist about 12 inches above your head. Position your fist directly above your right ear. The blocking surface is the underside of your left forearm. The angle of the forearm deflects the blow to your left away from your head.

Don't have your forearm horizontal above your head. This way, the blow crashes your forearm down into your head. By having the left elbow lower than the left fist, your forearm deflects the blow away from you. You receive a glancing blow instead of a direct hit.

Change from Left Stance to Right Stance to work on the block with your other arm.

Sparring Tip:

Imagine someone is swinging a club down towards your head. Use the High Block to deflect it. Immediately follow with a Front Snap Kick to his groin. Continue your attack with punches and kicks. Don't stop. Don't give him an opportunity to swing his club again.

The best defense against sticks, clubs and knives is to run away. We say "Run with Honor." Only use self defense techniques against weapons if you have no other option.

"Low Block"

The Low Block protects your thighs and waist from kicks. From Left Fighting Stance, make a fist with your left hand. Bring your left hand up to your right shoulder. Quickly swing your left fist downward about six inches over your left knee. Strike the incoming kick with the bottom of your fist - the little finger side. Strike hard with great power. Kicks are strong and it takes a hard powerful Low Block to stop or deflect them.

Remember to bring your fist up to your shoulder before swinging down. This gives your block the speed and momentum that it needs to deflect a powerful incoming kick. Change from Left Stance to Right Stance to work on the block with your other arm.

Sparring Tip:

Your solid, strong Low Block pushes your opponent off balance. Immediately follow with your own punch or kick. Every attack from your opponent creates an opening for your counter attack. Your goal is to deflect his punch or kick. This slows his momentum. Then, immediately counter attack.

Don't stand in one place and only block your opponent's attacks. Don't be his punching bag. You must counter attack if you are to win the contest.

****** WHITE BELT KATAS ******

"I" PATTERNS

The first six katas are called "I" Patterns One through Six. Image a giant capital letter "I". You have to walk up and down the letter while doing specific kicks, blocks and punches. If you were on a beach, your footprints in the sand would trace a huge letter "I".

Katas help you learn karate. Katas show karate techniques against an imaginary opponent. Do all your katas kicks, punches and blocks with power and precision. The way you practice kata is the way you will do karate while sparring.

To help you learn the "I" patterns, I will describe them. I will use the four points of the compass;

north, east, south and west. You don't have to start facing north. But it helps to remember which way to turn if you imagine that you always start from the same direction.

"I" PATTERN ONE

This kata develops good form while practicing your Forward Stances, Low Blocks and Reverse Punches to the mid-section.

Begin facing north. Place your feet shoulder width apart. Stand straight. Put both fists in front of your belt.

- 1.** Turn west. Step into Left Forward Stance. Low Block with your left fist. Pull your right fist to your right side alongside your belt. The palm side of the fist is up. Square your shoulders so that neither shoulder is in front of the other. Bend your front knee. Place your feet shoulder width apart pointing west.
- 2.** Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up. Throughout "I" Pattern One, aim all punches just above your opponent's belt.
- 3.** Turn to your right from west to east. Pivot on your left foot. As you turn, your right fist goes up to your left ear. As your right foot slides into the Right Forward Stance, bring down your right fist in a strong Low Block. Place your feet shoulder width apart pointing east. Square your shoulders so that neither shoulder is in front of the other. Bend your front knee.
- 4.** Step forward into Left Forward Stance. Reverse Punch with your left fist. Pull your right fist to your right side beside your belt with the palm side up.
- 5.** Turn left and face north. Pivot on your right foot. As you turn, your left fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down your left fist in a strong Low Block.
- 6.** Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up.
- 7.** Step forward into Left Forward Stance. Reverse Punch with your left fist. Pull your right fist to your right side beside your belt with the palm side up.
- 8.** Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up. On this, the eighth step, yell a loud Key-Yai.
- 9.** Turn to your left. Pivot on your right foot. Swing your left leg in a three-quarter turn so you end up facing east. As you turn, your left fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down your left fist in a strong Low Block.
- 10.** Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up.
- 11.** Turn to your right from east to west. As you turn, your right fist goes up to your left ear. As your right foot slides into the Right Forward Stance, bring down your right fist in a strong Low Block. Place your feet shoulder width apart pointing west. Square your shoulders so that either shoulder is in front of the other. Bend your front knee.
- 12.** Step forward into Left Forward Stance. Reverse Punch with your left fist. Pull your right fist to your right side beside your belt with the palm side up.
- 13.** Turn left one-quarter turn so you face south. Pivot on your right foot. As you turn, your left

fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down your left fist in a strong Low Block.

14. Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up.

15. Step forward into Left Forward Stance. Reverse Punch with your left fist. Pull your right fist to your right side beside your belt with the palm side up.

16. Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up. On this, the sixteenth step, yell a loud Key-Yai.

17. Turn to your left. Pivot on your right foot. Swing your left leg in a three-quarter turn so you end up facing east. As you turn, your left fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down your left fist in a strong Low Block.

18. Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up.

19. Turn to your right from east to west. Pivot on your left foot. As you turn, your right fist goes up to your left ear. As your right foot slides into Right Forward Stance, bring down your right fist in a strong Low Block. Place your feet shoulder width apart pointing west. Square your shoulders so that neither shoulder is in front of the other. Bend your front knee.

20. Step forward into Left Forward Stance. Reverse Punch with your left fist. Pull your right fist to your right side beside your belt with the palm side up.

You have completed "I" Pattern One. Turn back to the north. Place your feet shoulder width apart. Stand straight. Put both fists in front of your belt.

"I" PATTERN TWO

This kata develops good form while practicing your Low Blocks, High Blocks and Reverse Punches to the chin.

Begin facing north. Place your feet shoulder width apart. Stand straight. Put both fists in front of your belt.

1. Turn west. Step into Left Forward Stance. Low Block with your left fist. Pull your right fist to your right side alongside your belt. The palm side of the fist is up. Square your shoulders so that neither shoulder is in front of the other. Bend your front knee. Place your feet shoulder width apart pointing west.

2. Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up. Throughout "I" Pattern Two, aim all punches at your opponent's chin.

3. Turn to your right from west to east. Pivot on your left foot. As you turn, your right fist goes up to your left ear. As your right foot slides into the Right Forward Stance, bring down your right fist in a strong Low Block. Place your feet shoulder width apart pointing east. Square your shoulders so that neither shoulder is in front of the other. Bend your front knee.

4. Step forward into Left Forward Stance. Reverse Punch with your left fist. Pull your right fist to your right side beside your belt with the palm side up.

5. Turn left and face north. Pivot on your right foot. As you turn, your left fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down your left fist in a strong

Low Block.

- 6.** Step forward into Right Forward Stance. Deliver a High Block with your right arm. Pull your left fist to your left side beside your belt with the palm side up.
- 7.** Step forward into Left Forward Stance. Deliver a High Block with your left arm. Pull your right fist to your right side beside your belt with the palm side up.
- 8.** Step forward into Right Forward Stance. Deliver a High Block with your right arm. Pull your left fist to your left side beside your belt with the palm side up. On this, the eighth step, yell a loud Key-Yai.
- 9.** Turn to your left. Pivot on your right foot. Swing your left leg in a three-quarter turn so you end up facing east. As you turn, your left fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down your left fist in a strong Low Block.
- 10.** Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up.
- 11.** Turn to your right from east to west. Pivot on your left foot. As you turn, your right fist goes up to your left ear. As your right foot slides into the Right Forward Stance, bring down your right fist in a strong Low Block. Place your feet shoulder width apart pointing west. Square your shoulders so that neither shoulder is in front of the other. Bend your front knee.
- 12.** Step forward into Left Forward Stance. Reverse Punch with your left fist. Pull your right fist to your right side beside your belt with the palm side up.
- 13.** Turn left one-quarter turn so you face south. Pivot on your right foot. As you turn, your left fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down your left fist in a strong Low Block.
- 14.** Step forward into Right Forward Stance. Deliver a High Block with your right arm. Pull your left fist to your left side beside your belt with the palm side up.
- 15.** Step forward into Left Forward Stance. Deliver a High Block with your left arm. Pull your right fist to your right side beside your belt with the palm side up.
- 16.** Step forward into Right Forward Stance. Deliver a High Block with your right arm. Pull your left fist to your left side beside your belt with the palm side up. On this, the sixteenth step, yell a loud Key-Yai.
- 17.** Turn to your left. Pivot on your right foot. Swing your left leg in a three-quarter turn so you end up facing east. As you turn, your left fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down your left fist in a strong Low Block.
- 18.** Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up.
- 19.** Turn to your right from east to west. Pivot on your left foot. As you turn, your right fist goes up to your left ear. As your right foot slides into the Right Forward Stance, bring down your right fist in a strong Low Block. Place your feet shoulder width apart pointing west. Square your shoulders so that neither shoulder is in front of the other. Bend your front knee.
- 20.** Step forward into Left Forward Stance. Reverse Punch with your left fist. Pull your right fist to your right side beside your belt with the palm side up.

You have completed "I" Pattern Two. Turn back to the north. Place your feet shoulder width apart. Stand straight. Put both fists in front of your belt.

"I" PATTERN THREE

This kata develops good form while practicing your Forward Stance, Fighting Stances, Low Blocks, Inside to Outside Blocks and Reverse Punches to the mid-section.

Begin facing north. Place your feet shoulder width apart. Stand straight. Put both fists in front of your belt.

Note: The first five steps are the same as "I" Pattern One!

1. Turn west. Step into Left Forward Stance. Low Block with your left fist. Pull your right fist to your right side alongside your belt. The palm side of the fist is up. Square your shoulders so that neither shoulder is in front of the other. Bend your front knee. Place your feet shoulder width apart pointing west.
2. Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up. Throughout "I" Pattern Three, aim all punches just above your opponent's belt.
3. Turn to your right from west to east. Pivot on your left foot. As you turn, your right fist goes up to your left ear. As your right foot slides into the Right Forward Stance, bring down your right fist in a strong Low Block. Place your feet shoulder width apart pointing east. Square your shoulders so that neither shoulder is in front of the other. Bend your front knee.
4. Step forward into Left Forward Stance. Reverse Punch with your left fist. Pull your right fist to your right side beside your belt with the palm side up.
5. Turn left and face north. Pivot on your right foot. As you turn, your left fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down your left fist in a strong Low Block.
6. Step forward into Right Fighting Stance. Deliver an Inside to Outside Block with your right arm. Pull your left fist to your left side beside your belt with the palm side up.
7. Step forward into Left Fighting Stance. Deliver an inside to outside block with your left arm. Pull your right fist to your right side beside your belt with the palm side up.
8. Step forward into Right Fighting Stance. Deliver an Inside to Outside Block with your right arm. Pull your left fist to your left side beside your belt with the palm side up. On this, the eighth step, yell a loud Key-Yai.
9. Turn to your left. Pivot on your right foot. Swing your left leg in a three-quarter turn so you end up facing east. As you turn, your left fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down your left fist in a strong Low Block.
10. Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up.
11. Turn to your right from east to west. Pivot on your left foot. As you turn, your right fist goes up to your left ear. As your right foot slides into the Right Forward Stance, bring down your right fist in a strong Low Block. Place your feet shoulder width apart pointing west. Square your shoulders so that neither shoulder is in front of the other. Bend your front knee.
12. Step forward into Left Forward Stance. Reverse Punch with your left fist. Pull your right fist to your right side beside your belt with the palm side up.
13. Turn left one-quarter turn so you face south. Pivot on your right foot. As you turn, your left fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down

your left fist in a strong Low Block.

14. Step forward into Right Fighting Stance. Deliver an Inside to Outside Block with your right arm. Pull your left fist to your left side beside your belt with the palm side up.

15. Step forward into Left Fighting Stance. Deliver an inside to outside block with your left arm. Pull your right fist to your right side beside your belt with the palm side up.

16. Step forward into Right Fighting Stance. Deliver an Inside to Outside Block with your right arm. Pull your left fist to your left side beside your belt with the palm side up. On this, the sixteenth step, yell a loud Key-Yai.

17. Turn to your left. Pivot on your right foot. Swing your left leg in a three-quarter turn so you end up facing east. As you turn, your left fist goes up to your right ear. As your left foot slides into the Left Forward Stance, bring down your left fist in a strong Low Block.

18. Step forward into Right Forward Stance. Reverse Punch with your right fist. Pull your left fist to your left side beside your belt with the palm side up.

19. Turn to your right from east to west. Pivot on your left foot. As you turn, your right fist goes up to your left ear. As your right foot slides into the Right Forward Stance, bring down your right fist in a strong Low Block. Place your feet shoulder width apart pointing west. Square your shoulders so that neither shoulder is in front of the other. Bend your front knee.

20. Step forward into Left Forward Stance. Reverse Punch with your left fist. Pull your right fist to your right side beside your belt with the palm side up.

You have completed "I" Pattern Three. Turn back to the north. Place your feet shoulder width apart. Stand straight. Put both fists in front of your belt.