

単士口 Senshi No Michi - Warrior's Way – Katana Kata

1. **Seiza** – Sit seiza, sword on left side with blade pointing to the back.
2. **Bow** - Left hand on floor then right, then bow.
3. **Prepare** – Left hand pick up sword and hold against left leg as if in a sheath.
4. **Kneeling Strike** - Kneel with left knee down, draw sword, turn edge down and upward right diagonal strike.
5. **Slash** - Helicopter and horizontal right slash.
6. **Chop** - Wrap around left shoulder to center of back, stand and overhead chop down.
7. **Pose** - Highlander pose, right shoulder facing front, pull front foot back.
8. **Block** – Left foot steps back and right slides, high Block hilt to the left.
9. **Slash** - Helicopter and diagonal left slash to the front.
10. **Stab** - Coil hilt on left hip and stab.
11. **Flower and Slash** - Flower on right side, step back with right foot and diagonal slash down.
12. **Tuck and Knife** - Flower on right shoulder and tuck sword behind right arm while moving left elbow in front of mouth with knife hand pointing to right shoulder.
13. **Slash ground, slash sky, slash ground and Chop** - Left leg step back to center stance, untuck sword and left foot steps out to left side, slash ground, slash sky, slash ground and step forward right foot, slash the sky, flower to right and chop down, left knee down kneeling position.
14. **Wipe the blade** - Rotate sharp edge upward and rest sword on right arm.
15. **Guard** - Bring blade up and then to right side back block.
16. **Flick the blood** – Stand, right leg step back to center stance, flower down and slash down on right side, left hand on sheath.
17. **Sheathe** - * Sheathe the sword – **Short form only** – otherwise do not complete this step.
18. **Slash** - Step out with right foot, helicopter blade and diagonal left slash down.
19. **Prepare** - Flower on right and tuck, Left hand grasp and switch right hand hold and tuck blade under right arm.
20. **Stab** - Stab right and step out with right leg to right side.
21. **T stance** - Right hand change grasp, untuck and flower on right, stab to right and T pose feet together, move left foot to right.
22. **Pivot and Slash** - Turn counterclockwise pivot on right foot, end on left foot forward, diagonal left slash to front.
23. **Pose** - Highlander pose, right shoulder facing front, pull front foot back.
24. **Slash to back** - Helicopter and with left foot step to back, diagonal left slash.
25. **Flick the blood** - Turn clockwise, wrap and left leg step to right, pivot to side, flower and slash down on right side, left hand on sheath.
26. **Sheathe** – Helicopter and Sheathe.