

# 戦士のダンス

## Warrior's Dance

# Senshi No Dansu

## Katana Kata 2

1. Draw sword and diagonal upward slash to the right – one hand hold, deep right leg front stance.
2. Helicopter and left diagonal slash down to the left, shift stance to twisted stance.
3. Wrap left shoulder to right should flower and tuck, front stance.
4. Wrap left to right shoulder, left diagonal slash down, twisted stance.
5. Diagonal slash to upper right, shift stance to front stance, then step right foot to center, in the process upward slash left, left hand guard.
6. Left step; upward slash right
7. Right step; upward slash left
8. Chamber sword, Crane left foot, step and stab.
9. Helicopter and 360 + 180 backwards to a left diagonal strike down. Left foot forward.
10. Turn to front, Right foot slides into front stance, helicopter right slash down.
11. Shift stance to twisted, diagonal guard across back, chamber, left foot crane and stab.
12. Left hand push the body off the blade.
13. Wrap left to right, flower on right, tuck
14. Side Snap Kick right leg, Left knife hand to temple after right foot lands.
15. Jump Snap Kick with right leg
16. Untuck, wrap and chop down
17. Prepare and Stab down, kneeling on left knee
18. Switch hold, horizontal block blade point to right.
19. Helicopter and Horizontal Slash continue to chop position, stand and chop
20. Evade the slash, raise right leg and chamber, step forward and stab
21. 270 pivot, helicopter and horizontal slash to left, right leg forward.
22. Diagonal slash down left, shuffle back
23. Diagonal slash down right, shuffle back, Chop down, horizontal block
24. Helicopter and horizontal slash right, Helicopter and horizontal slash left.
25. Crane, step forward and chop down, chamber crane and step and stab
26. Back stance and pose.
27. Helicopter and slash down left
28. Wipe the blood from the blade
29. Crane, step forward, chop and kiai

# 戦士のダンス

## Warrior's Dance

# Senshi No Dansu

## Katana Kata 2

30. Prepare and stab backwards, pull blade out and single right hand diagonal slash upward left.
31. Chamber blade and crane and stab.
32. Reach pose in back stance
33. Chamber and crane and stab
34. Turn the blade to the left and slash out
35. Helicopter and diagonal left slash
36. Left hand guard, flower left, flower right and tuck.
37. Untuck and chop, flower on right, back stance and cradle sword, left palm under hilt and twist blade so dull side is resting on forearm.
38. Step and stab to front, 360 pivot to left and diagonal slash down left.
39. Step back left foot into back stance and wipe the blood from the blade
40. Step back, front stance, reach pose then into ready stance, exhale through both moves.
41. Step back to attention stance and flick the blood from the blade
42. Helicopter and sheath the blade.
43. Right hand at side and bow.