

Sword Form 1

1. Attention Stance / Sword in Left Hand / Bow and state kata name.
2. Raise both hands to hips.
3. Raise both hands above head, hands meet and sword changes to the right hand.
4. Step left and face left moving into forward stance / Slice left ending with spine of sword against your side / Left hand holding ceiling up.
5. Feet together facing front / Slice right ending with arms outstretched even with shoulders.
6. Step left into front stance facing left / Stab left - shoulder height / left hand in knife hand over bicep.
7. Move right foot even with left and make figure 8's (4 times) / Left hand on bicep still.
8. Step right with Right foot into riding stance, horizontal hilt strike to right side.
9. Right leg behind left / Spin until backwards / Hilt strike down, slightly higher than waist / left hand holding ceiling up.
10. Raising sword above head and grasp with both hands.
11. Jump turn back to front and slice downward from left to right in a diagonal <Kia>.
12. Step left into front stance facing left and stab / Left hand on bicep
13. Turn to the right side with right leg forward and vertical block with sword / left hand on the flat of the blade.
14. Move into front stance facing left with left leg forward / High horizontal block above your head with left hand on flat of blade.
15. Cat Stance with right heel in the air / Flower on right side / Left hand hovering above right.
16. Step out with right leg into front stance / Stab out at shoulder height / left hand behind you in a crane beak facing up.
17. Left leg step forward bring your feet together / then step forward with left leg and stab forward with left hand on bicep.
18. Slice backwards at a 45 degree upwards / pivot feet to face backwards.
19. Move sword vertical and move forward into a broken leg stance facing forward.
20. Flower on right side as you stand up / feet together / switch sword to left hand.
21. Bow