

## H FORM 1 KATA

### Begin in Ready position

1. Turn left with a left leg forward stance-left hand low block
2. Step punch (right hand) with right leg forward stance
3. Place right fist to left ear-right leg circles to the right 180 degrees behind you-right leg forward stance low block
4. Step forward with left forward stance and punch with left fist
5. Place left fist to right ear-left leg moves 45 degrees to the left (in the direction you faced when you first started) into a left forward stance and a left low block
6. Step punch with right fist and right forward stance
7. Step punch with left fist and left forward stance
8. Step punch with right fist and right forward stance (**KIAI**)
9. Place right fist on belt and place left fist next to your right ear-Move your left leg (your back leg) behind you and past your left leg-spin to the left into a left forward stance and low block with the left fist (This movement is referred to as the "Ninja Spin" as a reference tool for children)
10. Step punch (right hand) with right leg forward stance
11. Place right fist to left ear-right leg circles to the right 180 degrees behind you-right leg forward stance low block
12. Step forward with left forward stance and punch with left fist
13. Place left fist to right ear-left leg moves 45 degrees to the left (in the direction opposite of what you faced when you first started) into a left forward stance and a left low block
14. Step punch with right fist and right forward stance
15. Step punch with left fist and left forward stance
16. Step punch with right fist and right forward stance (**KIAI**)
17. Place right fist on belt and place left fist next to your right ear-Move your left leg (your back leg) behind you and past your left leg-spin to the left into a left forward stance and low block with the left fist (This movement is referred to as the "Ninja Spin" as a reference tool for children)
18. Step punch (right hand) with right leg forward stance
19. Place right fist to left ear-right leg circles to the right 180 degrees behind you-right leg forward stance low block
20. Step forward with left forward stance and punch with left fist
21. Turn Ready Position by moving your left leg only (you should finish facing the same direction you started)