

New Sword Kata

1. Standing-Sword sheathed on left hip, Right chop to side “Action”
2. Flip right hand over-“Karate”
3. Grab sword with right hand “Sword”
4. Spin over left shoulder on left foot. Right knee down then left knee down “Kata”
5. Right knee up
6. Keeping sword partially sheathed, smack in front with handle of sword
7. Pull sword out and circle , then slow slice in front
8. Turn and switch knees and fast slice
9. Turn back the way you came, switching knees, and slice horizontally to right
10. Slice horizontally to the left
11. Center slice
12. Stand up facing 9:00, let the blade, twirl once and resheath
13. Step back right holding arms parallel to ground sword pointed up (like a baseball batter)
14. Slice from right shoulder to left hip
15. Step forward right and slice from left shoulder to right hip
16. Lay sword on right shoulder and do a left dancer step
17. Unwind and decapitate to left facing 12:00
18. Decapitate to right facing 3:00
19. Block above head with point to your right
20. Step forward right (to face 9:00) and block above your head with point to your left
21. Reverse the block so point is to your right
22. Step forward right and slice left to right on an angle at knee level
23. Right foot steps around to 3:00, blocking with sword blade pointed to ground as you turn
24. Circle sword over your head and slice horizontally from right to left through midsection, then stab
25. Step back right and slice down in front on an angle from right to left
26. Slice down on an angle from left to right
27. Left rising block with point to 12:00
28. Right rising block with point to 12:00
29. Thrust sword forward to 12:00(facing the mirror)
30. Do a right advancing front kick as you pull your sword out, arching your back
31. Stab forward again
32. Right leg steps around 180 degrees and rising block with point toward 6:00
33. Right steps around again and downward block with point toward 12:00
34. Keeping sword in position jump and spin 360 degrees
35. Pivot into forward stance and bow out.