



STAR BLOCKS

The Star Blocks are one of our foundation kata. Make sure your knees remain bent throughout the kata in a good horse stance. Add power to your blocks by making them “snap” just like you would a punch.

1. **Attention Stance...** With heels touching, toes pointing out 45 degrees, hands flat on sides touching legs, shoulders back, eyes looking forward.
2. **Thumbs on Top...** With arms extended straight out in front, make Isshinryu fists (with thumbs on top).
3. **Put them away...** Put fists on belt at sides.
4. **Horse Stance...** L foot steps out to right and both feet go into a “horse” stance (feet are shoulder-width apart with toes pointing out 45 degrees) making sure knees are bent.
5. **Catch...** L fist stacks on top of R fist at side.
6. **Up...** L fist rises above head, turning over so that back of hand faces toward back.
7. **In...** L elbow drops as arm blocks from L side to R side middle area level, back of fist now faces forward.
8. **Out...** L arm blocks from R side to L side middle area level; fist stopping in front of L shoulder, back of fist now faces right.
9. **Touch...** L fist catches at R shoulder.
10. **Down...** L arm blocks down low from R side to L side; back of fist now faces right.
11. **Touch...** L fist catches at R shoulder.
12. **Open...** L hand opens while still at R shoulder.
13. **Push Down...** L open hand chops down in front at pelvic level, back of open hand faces forward.
14. **Slide up...** Arms make a circle (crossing in front) while sliding L foot to meet right into “attention stance” with heels touching, toes pointing out 45 degrees, hands flat on sides touching legs, shoulders back, and eyes looking forward.
15. **Bow...** Bend forward 45 degrees then straighten back up into attention stance.