



NINE-TEN KATA

Nine-Ten Kata prepares the student for the traditional Isshinryu Upper and Lower-Body Basics. Pay particular attention to the stance. All ten toes should point forward with the knees remaining slightly bent.

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. **Catch...** L fist stacks on top of R fist.
5. **Step...** L foot touches the R foot as it moves forward and to the left. When step is completed, the L foot has moved ahead one foot-length and is directly in front of its original position.
6. **Block Up...** L fist rises above head, turning over so that back of hand faces toward back.
7. **Punch...** Shout “Kiai” and punch to middle area with R hand, while returning L fist to ready position at L side on belt.
8. **Hand Down...** R fist drops down in front at pelvic level, with back of fist facing forward.
9. **Touch and Step...** R foot touches the L foot as it moves forward and to the right. When step is completed, the R foot has moved ahead one foot-length and is directly in front of its original position.
10. **Block Up...** R fist rises above head turning over $\frac{1}{4}$, with back of fist facing up.
11. **Talk On the Phone...** R hand chambers at ear, elbow pointing forward at nose level, wrist bent, knuckles facing up.
12. **Back-fist...** Back of right hand punches forward to nose level then elbow drops down.
13. **Punch...** Shout “Kiai” and punch to middle area with L fist while returning R fist to ready position at R side on belt.
14. **Catch...** L fist stacks on top of R fist.
15. **Look...** Look left.
16. **Side Kick...** L foot chambers at R knee, kicks to left out then back to right knee, (kick is with “blade-edge” of foot) then steps back down, with feet now parallel.
17. **Catch on the Other Side...** R fist stacks on top of L fist.
18. **Look...** Look right.
19. **Side Kick...** R foot chambers at L knee, kicks out and back to right side, then back to L knee, then steps back down, with feet now parallel. (This is all in one fluid motion)
20. **Step Away...** R foot steps back, with hands in an open guard.
21. **Slide up...** Slide right foot forward to meet left, with heels touching, toes pointing out 45 degrees, hands flat on sides touching legs, shoulders back, and eyes looking forward.
22. **Bow...** Bend forward 45 degrees then straighten back up into an attention stance.