Gojushiho Ich**-** This Kata teaches one to fight many opponents when surrounded and disable them quickly in order to fight the next (it is also the longest kata in our system)

Start from feet together discipline

1. R foot steps diagonally back to a horse (45\* stance L shoulder pointing to L 45\*of origin)
2. Hands double double knife hand down (beginning of combo 6)
3. Pivot to front LFF front stance knife hands come up palms facing you at 45\* angle
4. L knife hand covers forehead while R knife hand neck strikes
5. R hand grabs opponents L ear (grabbing on your right side)
6. Right foot steps back to lunge stance as R hand pulls back to rip the ear (R hand rests behind your head in an inside block) L hand moves to down block position over straightened L leg
7. Pivot to LFF front stance (still facing original front)
8. L knife hand cover forehead while R knife hand neck strike
9. R hand grab opponent’s R ear (on your left side)
10. Again R foot steps back to lunge stance pulling the ear off and R hand comes to rest behind your head as an inside block while L hand down blocks over straightened L leg
11. Pivot to LFF front stance L knife hand cover forehead R knife hand neck strike
12. R foot front kick landing in front (RFF)
13. Wheel block into R hand back fist (rest at R hand reinforced inside block)
14. Shuffle forward R hand reverse punch
15. Shuffle forward for horse stance R arm rising elbow chin strike (chest facing left of origin)
16. Naha turn to back of origin (LFF front stance)
17. L hand Shuto
18. R foot rises L hand slaps foot
19. R foot steps through to form horse stance (chest facing R of origin)
20. R hand punches L knife hand covers forehead
21. Naha turn to face original front (LFF front stance)
22. L hand Shuto
23. R foot step forward to horse stance (chest facing L of origin)
24. L knife hand covers forehead-- In a chain motion R hand punches down, shuffle forward, R hand inside block, shuffle forward, R hand punch
25. Naha turn (LFF front stance)
26. L hand Shuto
27. R hand chamber as L hand grabs own wrist
28. R foot steps forward to horse (chest facing R of origin) R elbow strike
29. R hand grabs L wrist
30. L foot steps forward to horse (chest facing L of origin) L elbow strike
31. Naha turn to original front (RFF front stance) R hand Shuto
32. Naha turn to back of origin LFF front stance L hand Shuto
33. Keeping your Shuto out, R foot front kick land in front followed by L foot front kick land in front
34. L hand grabs R wrist
35. R foot steps forward to horse (chest faces R of origin) R elbow strike
36. R leg bends to form deep lunge stance ( keep facing the back)
37. Knee break (does not matter which hand is on top)
38. Naha turn to original front (LFF front stance) hands chamber
39. Horizontal double punch (both hands same level and angled in to contact chest of enemy)
40. L foot C step forward both hands double neck strike
41. Shuffle forward horizontal double punch (be sure to chamber before striking)
42. Naha turn to back of origin LFF front stance both hands chamber
43. Horizontal double punch followed by R hand reverse punch then L hand reverse punch
44. R foot sheri turn 900 R (facing L of original front) now RFF front stance
45. R hand reinforce inside block
46. L reverse punch followed by R reverse punch
47. Naha turn 1800 LFF front stance L hand Shuto (facing right of origin)
48. R foot rises as an outside in crescent kick, L hand slaps foot, without placing foot down perform 3600 spin landing in deep lunge stance RFF slapping both hands on the ground
49. Rise to RFF front stance
50. Horizontal double punch, shuffle double neck strike
51. R foot steps to original front to form horse stance (chest facing L of origin)
52. R arm rising elbow chin strike
53. Naha to back of origin L hand Shuto (LFF front stance)
54. R foot front kick land in front
55. Both hands grab as L leg knees up, pull hands down to chamber at belt in sync with the knee (land in front) (now LFF front stance)
56. Both hands grab, R leg knee as hands pull down again to belt (R leg lands in front) (now RFF front stance)
57. Horizontal double punch
58. Naha turn, face original front (LFF front stance)
59. Horizontal double punch
60. R foot steps to R 450 form horse stance (chest facing left 450)
61. R arm rising elbow strike to chin, L knife hand covers forehead
62. Naha turn 1800 (now facing 450 to back of original front) LFF front
63. L hand Shuto
64. R foot C step forward, double knife hand down block (guard strip), shuffle, again double knife hand down block (guard strip)
65. R foot steps back to form a horse stance (L shoulder pointing to back L 450)
66. L hand Shuto while R knife hand rises above in a circle landing on the left hand Shuto to trap a punch
67. Roll hands
68. R foot C step forward
69. RLR triple punch (RFF front stance)
70. Shuffle backwards wheel block into backfist (in cat stance)
71. Again shuffle backwards wheel block into backfist (in cat stance)
72. Naha turn 1800 (now facing R 450 of origin in a LFF front stance)
73. L hand Shuto
74. R foot C step forward RLR triple punch
75. L foot step forward into deep lunge stance
76. Both hands cross to form a knee break
77. Rise up to cat stance (still LFF front)
78. L hand Shuto
79. R foot steps forward, RLR triple punch
80. Shuffle backwards wheel block into backfist (in cat stance)
81. Again shuffle backwards wheel block into backfist (in cat stance)
82. R foot steps to L (Feet come together)
83. Cross hands L over R groin block, knees slightly bent
84. Kata finished