# Katana Ichi Advanced

1. Starting in kneeling position (Makuso) facing the rear.
2. Step up on Right leg – right arm knife hand at 45\* angle to vertical but out to side
3. Rise and spin to front – same arm motion
4. 3 figure 8s with right hand – on 3rd grab katana and pull out to right side 45\* above horizontal
5. 3 figure 8s with katana (futo dache stance)
6. come down on left knee, both arms to 45\* down
7. Rise with a number 2 slash top right to bottom left; (shoulder to hip)
8. Number 2 top left to right bottom;(shoulder to hip)
9. Number 1 right mid section across; (cut across belly)
10. Number 1 left mid section across; (cut across belly)
11. Redraw to 45\* above horizontal
12. 3 figure 8s
13. Drop to left knee both arms at 45\* to horizontal
14. Rise with a number 2 slash top right to bottom left of opponent,
15. Number 2 left top to right bottom
16. Number 2 Right Top to left Bottom
17. Number 1 right mid section across
18. Number 1 left mid across
19. Redraw to 45\* above horizontal
20. 3 figure 8s
21. On third figure 8 do a block with the katana over right shoulder, point down
22. Do an immediate diagonal cross leg strike locking out both elbows
23. Step to the left with the right leg (RFF 45\* Front)
24. Do a number 2 slash top right to bottom left; (shoulder to hip)
25. Number 2 left top to right bottom; (shoulder to hip)
26. Number 1 right mid section across; (cut across belly)
27. Number 1 left mid section across; (cut across belly)
28. Redraw and do 3 figure 8s
29. Block with left forearm behind blade and spin (to left) around to face forward again
30. Dropping to one knee with blade and arms extending at 45\* to horizontal
31. Turn blade to left side and slowing trace across front, turning it over at the last change
32. Clean blade as you draw it forward to scabbard
33. Insert into scabbard leaving 3”….your face looking down….
34. Go to Makuso
35. On 3 count pop blade fully in and look up
36. Jump to feet (or stand)
37. Bow