

Empi



Preparation. The *kata* proper starts in *yoi* ('ready' or 'attention') stance.



Bring your heels together with your toes touching. Place your right fist across your body with the knuckles pressed into the palm of your open left hand.



Pivoting to the left, step out with your left foot, whilst dropping to your right knee. As you drop, swing your right hand down across your body as you would for a downward block.



Stand up and return your right fist to its previous position across your body. Place your closed left fist, palm facing upwards, underneath your right fist.



Pivot on your left foot and step your right foot out into front stance facing right. As you do so, perform a full downward block with your right arm. Look to the front. Extend your right arm straight out to the front. Sharply retract your right arm to your right side, and swing your left arm around in a fast, shoulder-height hook punch. Swing your left leg and hip backwards so that you end up in horse-riding stance.



Step forward with your left leg into front stance. As you step into stance, perform a downward block.



Perform a head-level reverse rising punch with your right arm.



Open the right hand and perform a small semi-circular movement as though grabbing behind the neck of an opponent.

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Lift the knee to strike, thrusting your hips forwards to extend the reach of the knee.



Drop your right foot dropping down into a crouch. Your left arm is extended straight out from the shoulder. At the same time, draw your right hand up beside your left ear.



Step out into front stance with your left foot, with your left knee bent and your right leg straight. Into a reverse forwards stance perform a block downward block using your right hand.



Immediately perform a downward block to your front using your left arm, turning your hips back as you do so.



Perform a head-level reverse rising punch with your right arm.



Open the right hand and perform a small semi-circular movement as though grabbing behind the neck of an opponent.



Lift the knee to strike, thrusting your hips forwards to extend the reach of the knee.



Drop your right foot, dropping down into a crouch. Your left arm is extended straight out from the shoulder. At the same time, draw your right hand up beside your left ear.



Step out into front stance with your left foot. With your left knee bent and your right leg straight go into a reverse forwards stance and perform a back downward block using your right hand.

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Step forward with your left leg into front stance. As you step into stance, perform a downward block.



Open your left hand. Draw your left leg in so that your knee is raised at waist-height. At the same time perform a head-height inside block with your open left hand.



Your head turns with your body so that you are always looking straight at your left wrist. As you turn, keep your left foot right next to your right knee.



Step your left foot down so that you are in horse-riding stance. Your left arm should still be raised at shoulder height.



Drive your right knee forwards, bringing your foot in tight behind your left knee. As you do so, pivot your right forearm striking your left palm. As they do so, **ki ai**.



Step your left foot back down in two horse-riding stance. Slowly extend your left hand forward keeping the palm facing out, retracting your right fist into chamber at your right side.



Perform two mid-level punches to the front in quick succession - right hand then left.



Look left turning into left foot front stance. At the same time perform a downward block using your left arm.

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Perform a head-level reverse punch with your right arm.



Step forward into back stance. Attempting to keep your body in exactly the same place, step your right foot backwards until it is beside the left, then step forwards with your left foot into back stance. At the same time, perform a knife-hand block with your left hand, drawing your open right hand to your solar plexus palm up.



Without turning your hips or shoulders at all, perform a fast mid-level reverse punch using your right arm. At the same time, retract your left fist to chamber at your left side.



Step forwards with your right leg into back stance, performing a knife-hand block with your right arm.



Turn to the rear with your left leg into forward stance. As you step into stance, perform a downward block.



Perform a head-level reverse punch with your right arm.



Open the right hand and perform a small semi-circular movement as though grabbing behind the neck of an opponent.



Lift the knee to strike (hiza geri), thrusting your hips forwards to extend the reach of the knee.

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Drop your right foot. Dropping down into a crouch. Your left arm is extended straight out from the shoulder. At the same time, draw your right hand up beside your left ear.



Bring up the right hand with the wrist bent back at a right angle, and the palm facing upwards. Bring the left hand to the hip.



Step slowly out in forward stance. As you reach the mid-point, turn your hands over, then press your left palm down and raise your right palm to chest height. Turning your hips square as you finish.



Step out into front stance with your left foot. With your left knee bent and your right leg straight. Into a reverse forwards stance perform a back downward block using your right hand.



Step slowly out in forward stance. As you reach the mid-point, turn your hands over, then press your left palm down and raise your right palm to chest height. Turning your hips square as you finish.



Step across with your left leg, landing in back stance. As you step into stance, perform a downward block to your right arm.



Immediately perform a downward block to your front using your left arm, turning your hips back as you do so.



Step slowly out in forward stance. As you reach the mid-point, turn your hands over, then press your right palm down and raise your left palm to chest height. Turning your hips square as you finish.



In horse-riding stance open your right hand in a grabbing shape, extend your hand at groin height. The left hand is extended at throat-height. Make as to throw over your shoulder as a prelude to the jump.

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Jump turning clockwise. The jump should end facing forward. As you jump **kiai**. Your feet should be tucked up, and you should be raising your right arm in preparation for a knife-hand block. You should land in back stance with your right foot in front, performing a knife-hand block .



Step back with your right foot into left-foot-forwards back stance, performing a knife-hand block.



Bring your heels together. Place your right fist across your body with the knuckles pressed into the palm of your open left hand.



The *kata* proper finishes in *yoi* ('ready' or 'attention') stance.