

# KATA #2

*Kata 2 will get you familiar with fighting on the 45-degree angles more than any form you've learned so far. Be aware of the position of your arms when on guard, so you're well-protected. This form is short and sweet.*

- 1) Start in Front Position. Bow. Step out with right foot into Horse Stance. Double Overhead Cross Block with Kiai, and re-chamber.
- 2) Half moon backward with right foot. Left Downward Palm Block, then Left Chicken Wrist to chin. Half moon backward with left foot. Right Downward Palm Block, then Right Chicken Wrist to chin. Left Front Ball Kick to solar plexus, then step forward into Left Half Moon Stance.
- 3) Turn clockwise and draw right foot into Right Cat Stance facing 6:00 and rotate hands into Tiger Claw guard. Look toward 7:30, then look toward 4:30. Close fists and deliver Right Side Blade Kick to opponent's solar plexus at 4:30, then step down in Right Side Horse Stance looking toward 1:30.
- 4) Chinese Catwalk backward with right foot into Left Side Horse Stance, still looking toward 1:30, and execute #2 Ridgehand Block. Left Spearhand to throat. Chinese Catwalk forward with right foot into Right Side Horse Stance, and deliver Right Shuto to neck at 1:30.
- 5) Draw left foot into Left Cat Stance facing 7:30 and circle right arm overhead and into Downward Palm Block. Step out into Left Half Moon Stance and deliver Left Palm Heel to heart. Position

fists on guard and deliver Right Front Ball Kick to solar plexus, then step forward into Right Half Moon Stance.

- 6) Half moon forward toward 6:00 with left foot, and execute simultaneous #2 Block and Right Front Two Knuckle Punch to solar plexus. Half moon forward and execute simultaneous #1 Block and Left Front Two Knuckle Punch to solar plexus.
- 7) Bring fists to cup & saucer on right side, and deliver Right Back Kick to opponent's solar plexus at 12:00, and without stepping down, Right Side Blade Kick to opponent's solar plexus at 9:00, stepping down into Horse Stance facing 6:00.
- 8) Draw left foot into Left Cat Stance facing 3:00 and roll hands on guard in Tiger Claws. Step out into Left Half Moon Stance and execute #4 Palm Block. Keep left hand out, half moon forward and deliver Right Thrust Punch to groin with Kiai.
- 9) Half moon with right foot into Horse Stance facing 12:00. Double Overhead Cross Block with Kiai, and re-chamber. Meet right foot to left in Front Position. Bow.