

# KATA #5

*Kata 5 is short and explosive, with one of the hardest kicks before Black Belt. Move through your stances swiftly and confidently as if in a real fight. The intro fight sequence in Kata 5 gives you an opportunity to train like a Black Belt with both hands open.*

- 1) Start in Front Position. Bow. Step out with right foot into Horse Stance. Double Knife-Hand Overhead Cross Block with Kiai, and re-chamber with hands still open.
- 2) Half moon forward with right foot and execute large #7 Parry Block, then large Right Backhand to carotid artery. Half moon forward and execute large #8 Parry Block, then large Left Backhand to carotid artery. Half moon backward and execute #1 Ridgehand Block, then Right Spearhand to throat. Half moon backward and execute #2 Ridgehand Block, then Left Spearhand to throat.
- 3) Slide left foot back into Horse Stance facing 9:00 and execute Double Downward Cross-Hand Palm Block. Clear with Double Upward Knife-Hand Blocks, then chamber with hands still open. Execute simultaneous Right Spearhand to throat and Left Spearhand to solar plexus.
- 4) Chinese Catwalk counterclockwise 180 degrees with left foot into Backward Leaning Stance looking toward 6:00, execute #7 Block and lift left fist into horizontal guard by head at 12:00. Shuffle to the right and execute Right Backfist to temple.
- 5) Meet right foot to left facing 12:00 and bring fists to cup & saucer on left side. Look toward 3:00. Deliver simultaneous Right

Backfist to temple and Right Side Blade Kick to ribs, leaving right fist out, then step down into Horse Stance facing 12:00.

- 6) Deliver Left Backfist to temple at 9:00 as right fist comes to chest. Deliver Right Backfist to temple at 3:00 as left fist comes to chest. Rotate hands to open hand guard at 12:00, left in front.
- 7) Step forward with left foot and launch off left foot, deliver Right Flying Side Blade Kick to 12:00, then land in Left Crane Stance looking toward 6:00.
- 8) Step out into Left Half Moon Stance facing 6:00 and execute simultaneous #4 Palm Block over Right Spearhand to throat. Draw left foot back into Left Cat Stance and execute #2 Knife-Hand Block, re-chambering right open hand.
- 9) Step out into Left Half Moon Stance and execute simultaneous #4 Palm Block under Right Spearhand to throat. Execute Double Outward Tiger's Rakes across face. Immediately deliver Right Front Ball Kick to solar plexus, then step forward into Right Half Moon Stance.
- 10) Turn counterclockwise and draw left foot into Left Cat Stance facing 12:00 and execute #2 Block. Step out into Left Half Moon Stance and execute Left Back Two Knuckle Punch to chin.
- 11) Meet right foot to left, and bring fists to cup & saucer on left side. Deliver Right Rising Back Kick to opponent's chin at 4:30, then step toward 1:30 into Right Forward Leaning Stance and deliver Right Circular Spearhand to throat.
- 12) Half moon backward with right foot into Horse Stance facing 12:00. Double Knife-Hand Overhead Cross Block with Kiai, and re-chamber with hands still open. Meet right foot to left in Front Position. Bow.