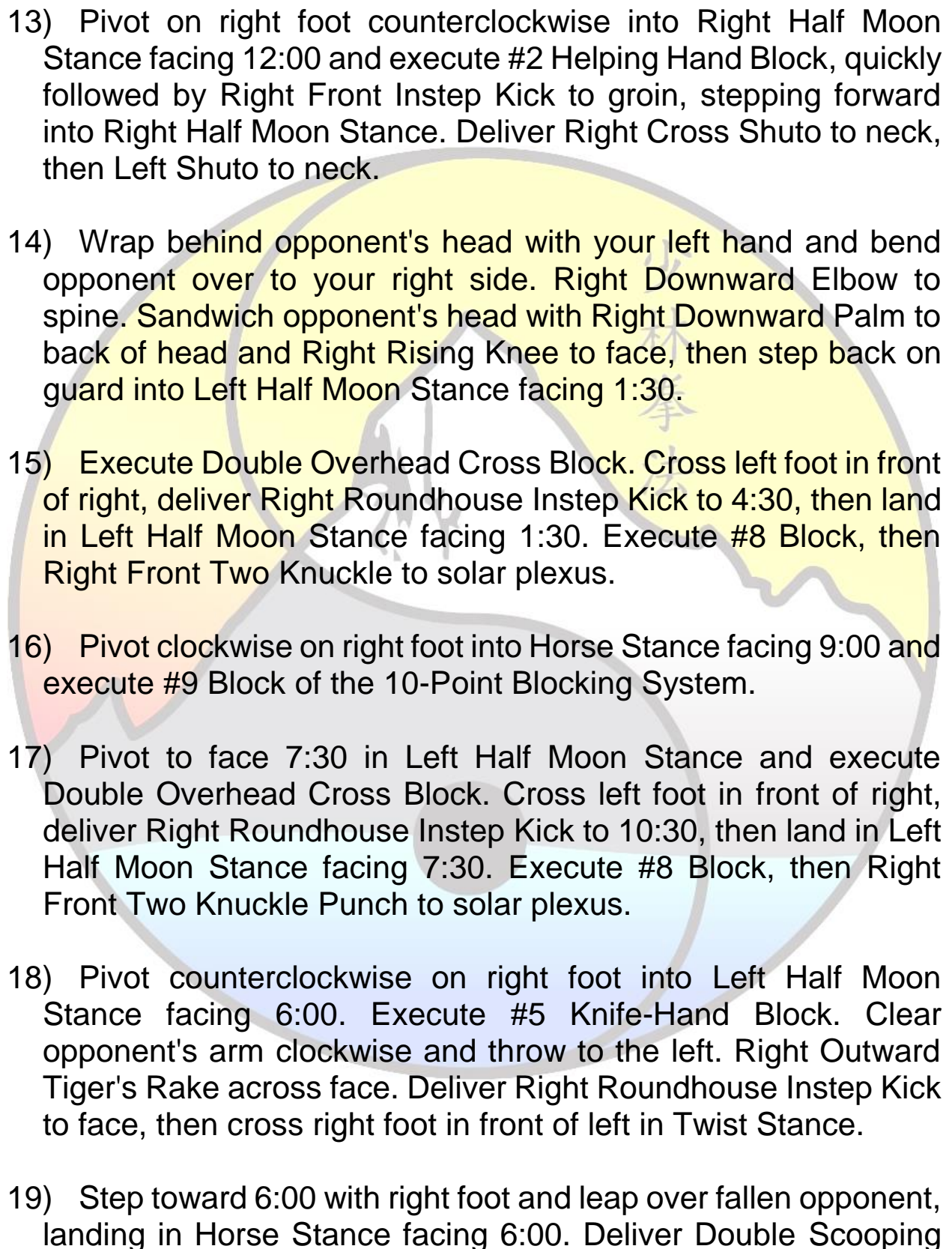


KATA #6

Kata 6 is the final numbered Kata. It includes plenty of basics, explosive movements, breathing, and three different Shaolin Combinations. If you're looking for a form to give you a solid cardio workout with a variety of fundamentals, you've found it.

- 1) Start in Front Position. Bow. Step out with right foot into Horse Stance, and perform Dragon Breathes Fire with knuckle roll.
- 2) Half moon forward with left foot and turn to face 1:30 in Horse Stance. Execute #9 Block of the 10-Point Blocking System. Half moon back to your original Horse Stance facing 12:00 and perform Dragon Breathes Fire with knuckle roll again.
- 3) Half moon forward with right foot and turn to face 10:30 in Horse Stance. Execute #10 Block of the 10-Point Blocking System. Half moon back to your original Horse Stance facing 12:00. Look to the left, then to the right, and execute Double Reverse Hammers to the groins of opponents at 3:00 and 9:00 with Kiai.
- 4) Step forward with right foot, then execute Right Stepping Stool Kick to 12:00, landing in Right Half Moon Stance.
- 5) Pivot counterclockwise on right foot into Left Half Moon Stance facing 6:00 and execute #8 Block, then #6 Block. Deliver Right Front Ball Kick to solar plexus and step forward into Right Half Moon Stance.
- 6) Pivot counterclockwise on right foot into Left Half Moon Stance facing 12:00 and execute #2 Knife-Hand Block with simultaneous Right Leopard's Paw to armpit nerves.

- 7) Step forward with right foot into narrow Horse Stance facing 9:00, then pivot counterclockwise on right foot into Horse Stance facing 3:00. Deliver Left Side Elbow to head. Extend opponent's head back by clearing to the left and back, and deliver Right Hammer Strike to bladder with Kiai.
- 8) Hop forward into another Horse Stance facing 3:00, protecting your groin with your feet as you jump. Pivot counterclockwise on left foot into Horse Stance facing 12:00, then slide left foot to right then out into Left Half Moon Stance facing 9:00.
- 9) Execute Double Downward Cross Block, then grab the leg and lift it into the air. Deliver Right Glancing Front Ball Kick to groin, then step over opponent into narrow Horse Stance facing 6:00. Deliver Left Axe Kick to groin, then pivot counterclockwise on right foot and kneel on right knee facing 9:00 and deliver Right Front Two Knuckle Punch to face with Kiai.
- 10) Stand up and half moon forward into Horse Stance facing 9:00 but looking to 6:00. Meanwhile, circle arms counterclockwise starting pointing to the left, swinging down and to the other side, and finally overhead, with left hand ending in vertical Shuto guard at shoulder level to the left, and right hand ending in horizontal sword guard over head.
- 11) Execute #2 Knife-Hand Block toward 6:00, then grab the wrist. Pivot counterclockwise on left foot into Horse Stance facing 3:00 and deliver Right Downward Shuto to arm, then Right Cross Shuto to neck.
- 12) Take opponent down with Right Tiger's Mouth to throat and Right Leg Hock to opponent's leg. Deliver Right Crescent Kick across face and step briefly into Right Twist Stance. Step out with left foot into Horse Stance facing 3:00 and perform Dragon Breathes Fire with knuckle roll.

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- 13) Pivot on right foot counterclockwise into Right Half Moon Stance facing 12:00 and execute #2 Helping Hand Block, quickly followed by Right Front Instep Kick to groin, stepping forward into Right Half Moon Stance. Deliver Right Cross Shuto to neck, then Left Shuto to neck.
 - 14) Wrap behind opponent's head with your left hand and bend opponent over to your right side. Right Downward Elbow to spine. Sandwich opponent's head with Right Downward Palm to back of head and Right Rising Knee to face, then step back on guard into Left Half Moon Stance facing 1:30.
 - 15) Execute Double Overhead Cross Block. Cross left foot in front of right, deliver Right Roundhouse Instep Kick to 4:30, then land in Left Half Moon Stance facing 1:30. Execute #8 Block, then Right Front Two Knuckle to solar plexus.
 - 16) Pivot clockwise on right foot into Horse Stance facing 9:00 and execute #9 Block of the 10-Point Blocking System.
 - 17) Pivot to face 7:30 in Left Half Moon Stance and execute Double Overhead Cross Block. Cross left foot in front of right, deliver Right Roundhouse Instep Kick to 10:30, then land in Left Half Moon Stance facing 7:30. Execute #8 Block, then Right Front Two Knuckle Punch to solar plexus.
 - 18) Pivot counterclockwise on right foot into Left Half Moon Stance facing 6:00. Execute #5 Knife-Hand Block. Clear opponent's arm clockwise and throw to the left. Right Outward Tiger's Rake across face. Deliver Right Roundhouse Instep Kick to face, then cross right foot in front of left in Twist Stance.
 - 19) Step toward 6:00 with right foot and leap over fallen opponent, landing in Horse Stance facing 6:00. Deliver Double Scooping

Trigger Fingers to opponent's temples, then Double Immortal Man Strikes to eyes.

20) Execute #2 Knife-Hand Block to new opponent at 6:00, then grab the wrist. Pivot counterclockwise on left foot into Horse Stance facing 3:00 and deliver Right Downward Shuto to arm, then Right Cross Shuto to neck.

21) Execute #1 Knife-Hand Block to opponent at 6:00, then grab the wrist. Pivot clockwise on right foot into Horse Stance facing 9:00 and deliver Left Downward Shuto to arm, then Left Cross Shuto to neck.

22) Pivot clockwise on left foot into Horse Stance facing 12:00. Dragon Breathes Fire with knuckle roll. Meet right foot to left in Front Position. Bow.

