

KATA #1

Kata 1 is explosive. The students who perform this form best are those who pay attention to the details: targeting, proper footwork, chambering, etc. Remember, power and speed come with time and repetition.

- 1) Start in Front Position. Bow. Step out with right foot into Horse Stance. Double Overhead Cross Block with Kiai, and re-chamber.
- 2) Deliver Left Front Ball Kick to solar plexus, then step forward into Left Half Moon Stance and deliver Right Front Two Knuckle Punch to solar plexus. Deliver Right Front Ball Kick to solar plexus, then step forward into Right Half Moon Stance and deliver Left Front Two Knuckle Punch to solar plexus.
- 3) Pivot counterclockwise and half moon with right foot into Left Half Moon Stance facing 6:00. Execute Double Overhead Cross Block. Execute #8 Block, then deliver Right Front Two Knuckle Punch to solar plexus.
- 4) Meet left foot to right and turn clockwise to face 10:30, with hands in sword position on right side. Step out with left foot into Horse Stance and execute Double Downward Cross Block. Trap opponent's kick with hands open.
- 5) Meet left foot to right facing 12:00 and throw the kick to the right. Step out with left foot into Horse Stance and continue circling your arms counterclockwise, ending with left hand in vertical Shuto position in front of your sternum and right hand in #5 Knife-Hand Block position, slowing to dynamic tension as you finish the movement.

- 6) Half moon forward with right foot and pivot to face 9:00 in Left Half Moon Stance. Execute Double Shuto Block, then deliver Right Cross Shuto to 12:00. Deliver Left Palm Heel to face, then deliver Right Spearhand to throat, pivoting the feet accordingly.
- 7) Draw left foot into Left Cat Stance facing 6:00 and circle right arm overhead into Downward Palm Block. Step out into Left Half Moon Stance and deliver Left Palm Heel to face. Deliver Right Front Ball Kick to solar plexus with hands on guard, then step forward into Right Half Moon Stance.
- 8) Pivot counterclockwise and half moon with right foot into Left Half Moon Stance facing 12:00. Execute #2 Block followed by Left Back Two Knuckle to chin.
- 9) Meet right foot to left, and bring fists to cup & saucer on left side. Look toward 9:00, then look toward 3:00. Deliver simultaneous Right Backfist to temple and Right Side Blade Kick to ribs to opponent at 3:00. Step down in Horse Stance facing 12:00.
- 10) Meet left foot to right, and bring fists to cup & saucer on right side. Look toward 9:00. Deliver simultaneous Left Backfist to temple and Left Side Blade Kick to ribs to opponent at 9:00. Step down in Horse Stance facing 12:00.
- 11) Double Overhead Cross Block with Kiai, and re-chamber. Meet right foot to left in Front Position. Bow.