

KATA #3

Kata 3 is intense. Training this form will develop your timing and balance.

- 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) Step back with right foot, draw into Left Cat Stance, and circle arms counterclockwise starting at 12:00, swinging down, back, and finally overhead, with left hand ending in vertical Shuto guard at shoulder level toward 12:00, and right hand ending in horizontal sword guard over head.
- 3) Step out into Left Half Moon Stance, and in a fluid, circular motion, execute low #1 Ridgehand Block followed by high #2 Ridgehand Block. Half moon forward and deliver Right Spearhand to solar plexus, then Left Spearhand to throat. Left Front Ball Kick to solar plexus, then step forward into Left Half Moon Stance with fists on guard.
- 4) Pivot clockwise and half moon with left foot into Right Half Moon Stance facing 6:00. Execute #1 Block followed by Right Back Two Knuckle to chin.
- 5) Spin 360 degrees counterclockwise while corkscrewing downward, ending in crouched position. Spring up and execute Scissor Kick with right leg forward, landing in Left Half Moon Stance with #8 Block and Kiai.
- 6) Inhale deeply and meet right foot to left, crossing arms in front of chest in fists. Look to the left, step to the right with right foot and

draw left foot into Left Cat Stance facing 3:00, while executing #8 Block with dynamic tension.

- 7) Inhale deeply and meet right foot to left, crossing Tiger's Claws in front of chest. Look to the left, step to the right with right foot and draw left foot into Left Cat Stance facing 12:00, while bringing hands into Tiger Claw guard with dynamic tension.
- 8) Inhale deeply and meet right foot to left, crossing hands in Immortal Man positions in front of your chest. Look to the left, step to the right with right foot and draw left foot into Left Cat Stance facing 9:00, and simulate pulling back an arrow in a bow.
- 9) Step out into Left Half Moon Stance and execute #2 Knife-Hand Block. Position fists on guard and, without putting your foot down between kicks, deliver Right Front Ball Kick to 9:00, Right Back Kick to 3:00, then Right Side Blade Kick to 12:00, adjusting your guard accordingly. Step down into a Right Side Horse Stance looking toward 12:00.
- 10) Look toward 6:00, cross left foot in front of right into Twist Stance, and circle arms counterclockwise starting to the left, swinging down and to the right, and finally overhead, with your left hand ending in vertical Shuto guard at shoulder level, and right hand ending in horizontal sword guard over head.
- 11) Chamber right hand and execute #2 Knife-Hand Block toward 6:00, then grab. Left Side Thrust Kick toward 6:00, then cross in left foot in front of right foot in Twist Stance again.
- 12) Step out with right foot into Left Side Horse Stance, still looking toward 6:00, and circle your arms counterclockwise starting to the left, swinging down and to the right, and finally overhead, with your left hand ending in vertical Shuto guard at

shoulder level, and right hand ending in horizontal sword guard over head.

- 13) Chamber right hand and execute #2 Knife-Hand Block toward 6:00. Chinese Catwalk forward toward 6:00 into Right Side Horse Stance and deliver Right Leopard's Paw to the nerves under the arm. Cross left foot behind right, then untwist into Horse Stance facing 9:00 and deliver Left Glancing Side Elbow to floating ribs, closely followed by Right Circular Tiger's Claw to groin, and grab. Continue through with left arm and sweep opponent's right leg at the heel. Hold up opponent's right leg with your left arm to expose the groin, and deliver Right Shuto to groin with Kiai.
- 14) Half moon backward with right foot and turn to face 12:00 in Right Half Moon Stance. Execute #7 Block, then Left Front Two Knuckle Punch to groin with Kiai. Half moon backward with right foot into Horse Stance. Double Knife-Hand Overhead Cross Block with Kiai, and re-chamber with hands still open. Meet right foot to left in Front Position. Bow.