

# KATA #4

*Kata 4 is powerful. Deliver your moves with full force and solid stances. To make this form flow, remember to practice "point of origin." Visualize your opponents as you deliver your combos.*

- 1) Start in Front Position. Bow. Step out with right foot into Horse Stance. Double Overhead Cross Block with Kiai, and re-chamber.
- 2) Look toward 9:00. Circle arms counterclockwise starting at 9:00, swinging down and to the other side, and finally overhead, with left fist ending in vertical Backfist guard at shoulder level toward 9:00, palm facing in, and right fist ending in horizontal Backfist guard over head, palm facing down.
- 3) Left Tiger's Claw to face at 9:00, then grab. Meet left foot to right and pull opponent's head into Right Circular Back Two Knuckle Punch to face. Step out with left foot into Horse Stance and deliver Left Backfist to temple.
- 4) Look toward 3:00. Circle arms clockwise starting at 3:00, swinging down and to the other side, and finally overhead, with right fist ending in vertical Backfist guard at shoulder level toward 3:00, palm facing in, and left fist ending in horizontal Backfist guard over head, palm facing down.
- 5) Right Tiger's Claw to face at 3:00, then grab. Meet right foot to left and pull opponent's head into Left Circular Back Two Knuckle Punch to face. Step out with right foot into Horse Stance and deliver Right Backfist to temple.

- 6) Rotate hands to open hand guard at 1:30 and lean into a Left Side Leaning Stance. Deliver Right Side Blade Kick to 1:30, then step into Right Side Horse Stance looking toward 1:30. Deliver Right Side Elbow.
- 7) Cross left foot behind right into Twist Stance and deliver Right Backfist to head at 1:30 with left hand on guard by ribs. Deliver Right Hook Kick to 1:30 with hands on guard, landing in Right Side Horse Stance.
- 8) Draw left foot into Cat Stance facing 7:30. Execute simultaneous #6 Knife-Hand Block and Right Spearhand to throat.
- 9) Step toward 6:00 with left foot and draw right foot into Cat Stance facing 12:00. Execute Left Spearhand to throat with right hand on guard by ribs. Deliver Right Front Instep Kick to groin, then step forward into Right Half Moon Stance. Wrap behind opponent's neck with left hand and deliver Right Rising Elbow to face with Kiai.
- 10) Pivot in place into Right Side Horse Stance looking toward 1:30 and execute #7 Block. Shift into Left Forward Leaning Stance facing 7:30 and deliver simultaneous Right Tiger's Claw to face and Left Tiger's Claw to groin. Shift into Right Forward Leaning Stance facing 1:30 and deliver Right Cross Shuto to body with left hand on guard by ribs.
- 11) Cross left foot behind right into Twist Stance facing 1:30 and execute simultaneous #5 Knife-Hand Block and Left Thrust Punch to groin. Deliver Left Cross Hammer to IT Band at 10:30. Stand up and untwist, and execute #6 Knife-Hand Block to 10:30, immediately followed by Right Uppercut to jaw. Continue twisting counterclockwise into Twist Stance and deliver Left Reverse Shuto to groin at 10:30 with right hand on guard by jaw.

- 12) Deliver Left Side Thrust Kick to 10:30, then step forward into Left Half Moon Stance facing 10:30 and deliver Left Backfist to head. Deliver Right Thrust Punch to face and check low with left palm. Deliver Left Thrust Punch to face and check low with right palm. Wrap behind neck with right hand and pull opponent down. Kneel on left knee facing 3:00 and deliver Left Roundhouse Elbow toward the floor with Kiai.
- 13) Cross right foot behind left into Twist Stance facing 10:30 and execute simultaneous #6 Knife-Hand Block and Right Thrust Punch to groin. Deliver Right Cross Hammer to IT Band at 1:30. Stand up and untwist, and execute #5 Knife-Hand Block to 1:30, immediately followed by Left Uppercut to jaw. Continue twisting clockwise into Twist Stance and deliver Right Reverse Shuto to groin at 1:30 with left hand on guard by jaw.
- 14) Deliver Right Side Thrust Kick to 1:30, then step forward into Right Half Moon Stance facing 1:30 and deliver Right Backfist to head. Deliver Left Thrust Punch to face and check low with right palm. Deliver Right Thrust Punch to face and check low with left palm. Wrap behind neck with left hand and pull opponent down. Kneel on right knee facing 9:00 and deliver Right Roundhouse Elbow toward the floor with Kiai.
- 15) Stand up into Left Side Horse Stance looking toward 9:00 and execute #4 Block. Half moon backward with left foot and pivot to face 9:00 in Left Half Moon Stance, and execute simultaneous #2 Block and Right Front Two Knuckle Punch to solar plexus.
- 16) Pivot in place into Horse Stance and execute #8 Block toward 7:30. Deliver Left Stepping Stool Kick to 7:30, then land in Left Half Moon Stance. Deliver Double Upward Palm Heel Strikes under chin, then Double Downward Shutos to collarbones. Grab opponent's head with both hands and deliver Left Stepping Stool Rising Knee to face with Kiai, then land in Left Half Moon Stance.

- 17) Pivot clockwise on left 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.

