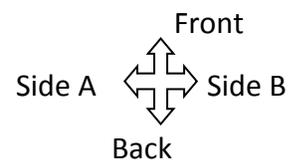


Kata 1

1. Position
2. Ready position.



First attack: (rushing in from the front throwing a left hook to the face)

3. Right foot back into a kicker stance on the right while grabbing and throwing back with both hands. Look at your attacker as you throw then return eyes to front.

Second attack: (rushing in from the front throwing right-hook to the face)

4. Left foot back in opposite direction into kicker stance on the left; grab and throw with both hands.
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Third attack: (coming from the front throwing an overhead-hammer blow)

5. Right foot into a left cat stance; right hand upward block toward the front
 6. Slide right foot forward into a cover left; plant yourself; two knuckle to the chest.
 7. Slide left foot forward into a cover right; plant yourself; right hand pistol poke to the attacker's temple, right hand over left arm that is shielding.
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Fourth attack (coming from side A with right hand two-knuckle)

8. Quick look left and pivot with left into a cover right facing side A executing an outward block
 9. Right hand two knuckle to the chest. Place right palm over left on left hip.
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Fifth attack (coming from side B with a left hand two knuckle)

10. Pivot right to side B and set into a cover left (adjust front foot into cover) . Execute an outward block.
 11. Two knuckle to the attacker's chest
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Sixth attack (coming from the back with a right hand overhead hammer)

12. Quick look right, hop back into a left cat stance facing the back while executing a right hand upward block.
13. Slide your right foot forward and set into a cover left
14. Left hand two-knuckle to the attacker's chest
15. Step your left foot forward into a horse on the right (facing side A) while crossing your guard over your chest.
16. Execute a left hand open-palm strike to the groin, still going towards the back.
17. Step right foot forward into a horse-stance on the left (facing side B), while executing a right forearm to the opponent's face. Strike your right forearm with your left palm. (You're pulling the attacker's face into your forearm.)

18. Step right foot forward facing front into a horse position, executing a double outward block/double snapping-spears, palm up.

19. End with salutation.