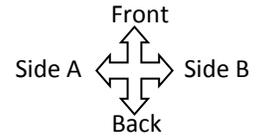


Kata 2



Kata 2 is a more complex kata, adding kicks and more of a variety of stances and punches. There are basically 11 attacks with multiple attackers. (*NOTE: attacker's moves are in italics*)

1. Position
2. Ready Position

First attack: (Coming in from the front with an overhead hammer blow)

3. Right foot back into a cover right, left hand open-hand upward block.
4. Right hand spear to the attacker's throat.

Second attack: (coming from the back)

5. Turn right, pivoting to the back into a cover left' block the groin with left palm facing down; block chest with right palm facing up.
6. Step left foot forward into a cover right' reverse hand blocks (left palm up, right palm down).
7. Step right foot forward into a horse position facing side "B"; right hand downward palm strike to the groin, strike your bicep with your left hand, for sound.
8. Quickly pull right foot back into a cat position bringing right hand up into a back-knuckle to the attacker's face, left hand shielding.
9. Slide right foot forward into a horse position facing side "B"; right elbow strike to the attacker's face, your fist going into your left palm; with left hand, push right elbow into attacker's face.

Third attack: (coming from the front)

10. Still facing side "B", double two-knuckles forward at the same time, left hand slightly higher. Pause, look left towards front.
11. High crane facing front left foot into cat position; right hand high, elbow locked, wrist dropped downward left hand blocking groin, palm down.
12. Do not move feet, drop straight down to floor; strike groin with right palm strike; left hand face check block.
13. Strike to groin with right hand, as you stand step left foot back into a cover left right hand side-hammer strike to the side of the attacker's head.

Fourth and Fifth attacks: (coming from the front)

14. step left foot forward into a cover right, *grab attacker with both hands, throw back (next attacker comes); left arm into forward shield, right hand back-knuckle to the attacker's face.
 15. Use a grabbing motion execute power leg thrust kick to the attacker's stomach, stepping forward. Right two-knuckle, left two-knuckle.
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Sixth and Seventh attacks: (coming from the back)

16. turning left, pivot 180° to the back into cover right. Repeat from* and 15.

Eighth attack: (coming from side A)

17. hop to your left foot, right knee up with foot parallel to the ground; hands locked palm-over-palm on the

18. Right back-hand slap to the attacker's face, leaving hand up holding attacker's head. Pivot right (side "A"), left hand two-knuckle to the attacker's face (your palm).

Ninth attack: (coming from side "B")

19. Slide left foot back into a horse position (facing side "A"). Lock hands palm-over-palm on the right side, left knee up with foot parallel to the ground. Left leg knife-edge to the midsection of the attacker on your left, set down into a horse position.

20. Left back-hand slap to the attacker's face, leaving hand up holding attacker's head. Pivot left (side "B"), right hand two-knuckle to attacker's face (your palm)

21. Pivot 180° to cover left (side "B") (attacker eight), block with right hand, open-handed upward block; left hand open-handed downward block.

22. Pivot back 180° to cover right (attacker nine), block with left hand, open-handed upward lock, right hand open-handed downward block.

Tenth attack: (coming from the back)

23. Keeping low, spin around left 3/4 turn on left foot facing back; jump straight up executing a kick with right leg, setting down into a cover left and set.

Eleventh attack: (coming from side "B")

24. Step right foot back into horse position with a C strike, looking to side "B". (Note: C block is double outward strike or block)

25. Step left foot back into horse position with a C strike looking to side "B"

26. Step left foot forward into cover right; slow power chop with left hand to the attacker's throat, opposite hand draws back into a fist.

27. Step right foot forward into cover left; slow power chop with the right hand to the attacker's throat, opposite hand draws back into a fist.

28. Step left foot forward into cover right ; slow power chop with the left hand to the attacker's throat.

29. Step right foot forward into a horse position (facing forward); hands double-outward block, palms up.

30. Ending salutation.