

Kata 3

1. Position
 2. Ready position.
 3. Left foot back, cover left; right hand chop to neck.
 4. Right foot back, cover right; downward left chop to groin.
 5. Left foot back, cover left; right hand outward chop to neck.
 6. Left foot forward into horse; double upward cross block, pulling hands to sides.
 7. Right foot forward 180° into horse' double upward cross block, pulling hands to sides.
 8. Left foot forward 90° into horse (in starting direction), striking both sides with open hands to the groin.
 9. Power double hammer to top of heads.
 10. Step left foot back into horse, C strike.
 11. Step right foot back into horse, C strike.
 12. Bring left foot back into cat; left hand blocking body, right hand under elbow with underhand two-knuckle.
 13. Left foot out into cover right; left hand back-knuckle to the face.
 14. Pivot , right foot into cat; right hand blocking body, left hand under elbow with underhand two knuckle.
 15. Right foot out into cover left; right hand back-knuckle to the face.
 16. Pivot back to starting point left foot back into cat right hand down covering groin, left hand up.
 17. Pivot backward, right foot back into cat; right hand high facing down, left hand higher facing up.
 18. Left leg power front snap kick while blocking face with left hand and executing pistol poke with right hand.
 19. Bring left leg around to your right side, set and step into a cover right, cross arms in front of chest, pull arms into cover while pivoting toward back into a cover right.
 20. Power leg snap kick while pulling in with both hands. Set foot forward.
- NOTE: Left foot in same place through the next 3 moves.
21. Step left 45° leaning, bringing hand in circle over-head ending in pistol poke to the ribs.
 22. Right foot forward into horse with double back-knuckle to the rear aiming at attackers faces
 23. Right foot forward 180° into horse; hands in archer position, slowly pulling back, do not pass your nose; count to 3 and lower your stance.
 24. Right foot forward 180° into a horse stance, execute a double outward block/double snapping-spears, palm up.
 25. Ending salutation.