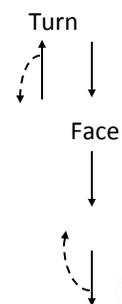
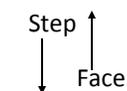
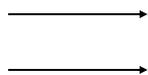
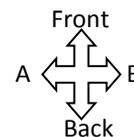


Kata 6



1. Hop to side "A" while facing side "B" into a cat stance on the left. Hands palm-over-palm on the left side (over hip)
2. Right leg quick-kick to the groin. Set down into cover left.
3. Grab forward with right hand, knocking down attacker's lead hand, left hand grabs and holds the attacker's wrists followed by a right hand inverted palm strike to the face. HOLD?
4. Step right foot back into cover right, facing front. Right hand pistol poke forward; left open-hand blocking the face.
5. Bring right knee up and turn toward side "A". When you are facing the back, knee high still, slap knee with both palms. Set leg down into cover left and do a double downward palm strike to the groin.
6. Pivot both feet into a horse stance facing B do a "C" strike, toward the back.
7. Bring your right foot back so you are in a cover right facing towards the back. Cross arms in front of your chest, do a left hand downward block, pull right hand back.
8. Bring left knee up, swing around 315o clockwise landing in a cover right facing towards the back/B . Do a double downward cross block closed hand. Lean back doing a double open hand cross block over the chest, without touching the chest.
9. Pivot around clockwise and land in a cover left. Lean toward side "A", right hand high outward block(closed hand); left hand closed hand back block.
10. Step forward, crossing hands in front. Lean forward, left hand high outward block (open hand); right hand open hand back block.
11. Face front, bring left knee up, hands in claw position, right hand high.
12. Set back down to side "A" in a cover right position. Slow power chop with the left hand. Right closed fist, pull across the chest to hip.
13. Power leg knife-edge toward side A, recoil, pivot towards the back until you are facing side "B"/back, set down into cover left.
14. Continuing in the same direction , do like "beat the punch hop" with a left hand back-knuckle.
15. Another "beat the punch hop" going towards the back. Right inverted ridge-hand.
16. Another "beat the punch hop" going towards the back with an slow inverted ridge-hand.
17. Turning towards the front bring left knee up. Do a circular back heel kick; lean forward with a double inverted-palm strike. Body should be in a T parallel to the ground.



18. While moving out of the T, turn 180o counter clockwise towards the back drop into a full split/deep cover right; right hand open upward block, left hand back open handed block.

19. Three slow circular blocks while pivoting towards side “A” to the front. 1 back, 1 side “A” , 1 front. End with right inverted palm strike to the face, left arm supporting.

20. Double-jump kick to the front with a knife-edge.

21. Bring left foot forward into position while executing a right hand grab, pull and underneath back knuckle over horizontal left arm.

22. Ending salutation.

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