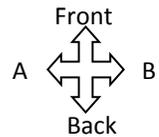
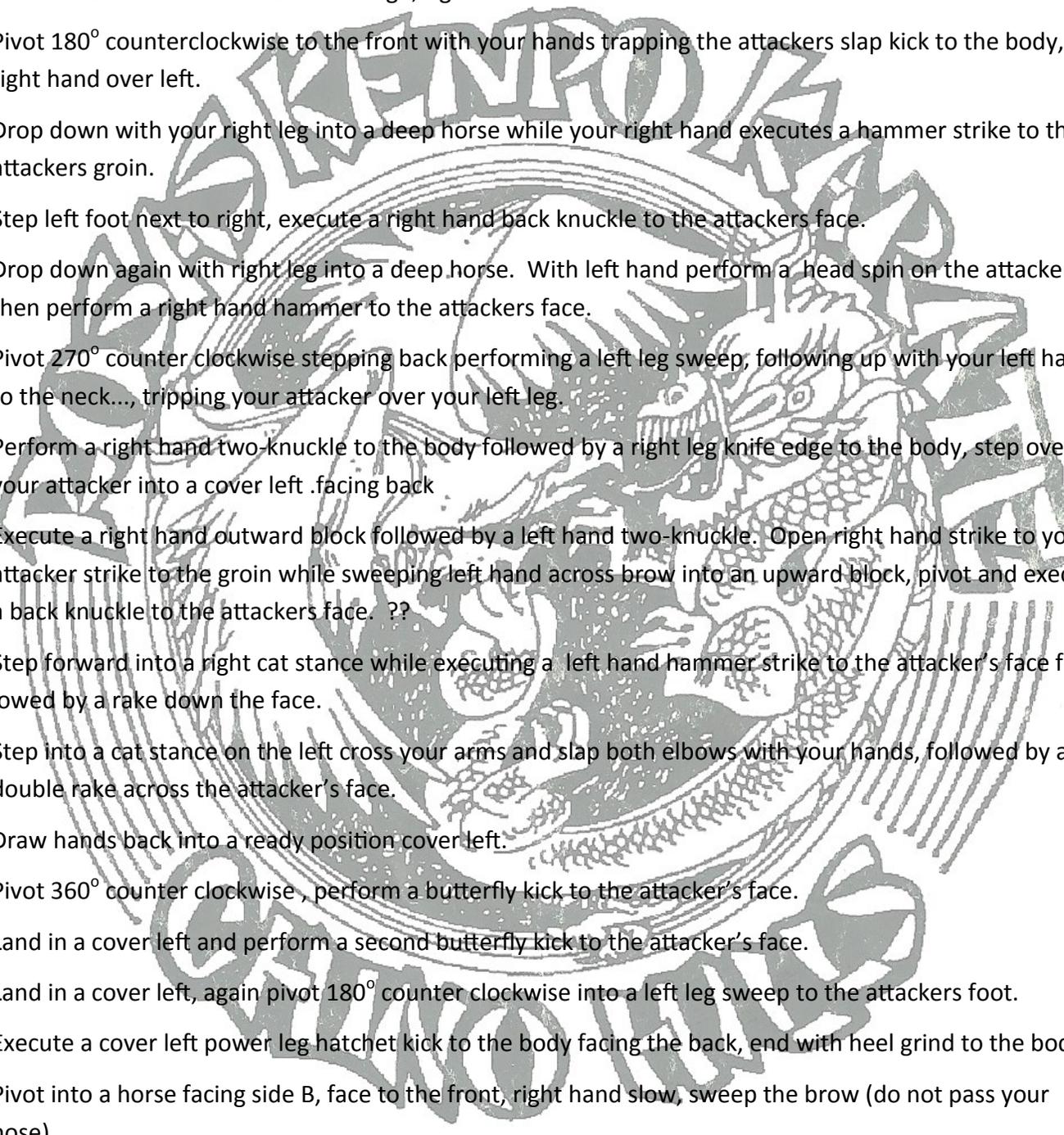


## Kata 7



1. Look left
2. Pivot left into a cover right, perform a left hand out ward block, followed by a right hand two-knuckle.
3. Power leg front snap kick.
4. Land in a cover left facing A, pivot into a horse facing the back.
5. Grab attacker from the left with both hands and throw to the right.
6. With right hand knock the attacker's hand down perform a right underhand back-knuckle to the face., left hand supporting
7. Pivot facing side B, look toward the back while performing a double closed hand block, left hand high, right hand low. Standing on your left foot, right knee comes up with foot parallel to the ground.
8. Right leg (lead leg) knife edge toward the back. Set down right foot crossing in front of left leg with hands in cat stance form right hand high toward the back.
9. Step left leg into a horse stance facing side "B" , slow left hand chop to the front, while pulling right hand back to your belt in a fist.
10. Left foot steps right behind back foot as in #8 again with hand in cat stance form at a 45° angle toward the back side B.
11. Step around with left foot into a cover right 45° back/B, right hand chop to the NECK, pull left hand back to belt in a fist.
12. Crossed double upward open hand grab the attacker's head, bring the head down and strike on right knee (strike knee with hands on either side for emphasis). Throw down with hands ....
13. Step forward into a cover left repeat, crossed double upward open hand grab (left over right) to the attacker's head, bring head down and strike on left knee ( strike knee with hands on either side for emphasis). Throw down with hands ....
14. Face side "A" in a horse stance, right hand slow spear into left open hand perpendicular chop position.
15. Pivot toward the back into a cat stance on the left, left hand over head with right hand fist into the left hand.
16. Slide right foot out into a horse as the right elbow comes down to the attacker's neck/collar bone.? head
17. Pivot around 270° clockwise into a crossed ?open hand downward block.
18. Draw your right hand back across your brow.
19. Step forward into a cover left with a right hand crab strike to the attackers throat.
20. Pivot around counterclockwise 270° into a horse facing side A, while raking across attacker's face. Hands ending palm over palm on your left hip.
21. Stationary right hand upward block, left hand inward block, right hand downward block.
22. Pivot 90° toward the front into a cover left while executing a right hand stp into a cover right and execute a left hand 2 knuckle.

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23. Pivot 180° counter clockwise ending in a left cat facing the back. left hand over head in a chop position with right hand over head in a spear with finger tips touching your left palm.
  24. Slide right foot forward into a horse while executing a right hand chop to the neck/collar bone followed by a left hand two-knuckle to the body.
  25. Bend your knee bring your right foot up to knee foot parallel to the ground. At the same time doing a double closed hand block left hand high, right hand low.
  26. Pivot 180° counterclockwise to the front with your hands trapping the attackers slap kick to the body, ? right hand over left.
  27. Drop down with your right leg into a deep horse while your right hand executes a hammer strike to the attackers groin.
  28. Step left foot next to right, execute a right hand back knuckle to the attackers face.
  29. Drop down again with right leg into a deep horse. With left hand perform a head spin on the attacker then perform a right hand hammer to the attackers face.
  30. Pivot 270° counter clockwise stepping back performing a left leg sweep, following up with your left hand to the neck..., tripping your attacker over your left leg.
  31. Perform a right hand two-knuckle to the body followed by a right leg knife edge to the body, step over your attacker into a cover left .facing back
  32. Execute a right hand outward block followed by a left hand two-knuckle. Open right hand strike to your attacker strike to the groin while sweeping left hand across brow into an upward block, pivot and execute a back knuckle to the attackers face. ??
  33. Step forward into a right cat stance while executing a left hand hammer strike to the attacker's face followed by a rake down the face.
  34. Step into a cat stance on the left cross your arms and slap both elbows with your hands, followed by a double rake across the attacker's face.
  35. Draw hands back into a ready position cover left.
  36. Pivot 360° counter clockwise , perform a butterfly kick to the attacker's face.
  37. Land in a cover left and perform a second butterfly kick to the attacker's face.
  38. Land in a cover left, again pivot 180° counter clockwise into a left leg sweep to the attackers foot.
  39. Execute a cover left power leg hatchet kick to the body facing the back, end with heel grind to the body.
  40. Pivot into a horse facing side B, face to the front, right hand slow, sweep the brow (do not pass your nose).
  41. Step forward into a ready position perform a double hammer strike to the body.
  42. End with salutation.