

## Handout No. 3A

### Guide to First Kata

1. Stepping away, turn to the left - leg block (left arm).
2. Step forward – punch (right arm)
3. Long turn - leg block (right arm)
4. Step forward - punch (left arm)
5. Sliding turn - leg block (left arm)
6. Step forward - punch (right arm)
7. Twisting turn - leg block (left arm)
8. Step forward – punch (right arm)
9. Long turn - leg block (right arm)
10. Step forward - punch (left arm)
11. Sliding turn - leg block (left arm)
12. Step forward - punch (right arm)
13. Twisting turn - leg block (left arm)
14. Step forward – punch (right arm)
15. Long turn - leg block (right arm).
16. Step forward – punch (left arm).
17. Bring the back leg up and turn 90° to the left to face the front in ready position. (*finish*)

#### Hints:

- a) The kata follows the sequence of block-punch-block-punch etc.
- b) All the blocks are the same. (leg block)
- c) All the punches are the same. (thrust punch, chest height)
- d) All the stances are the same. (front stance)
- e) There are only three turns and these follow the sequence:  
Long turn - sliding turn - twisting turn - Long turn - sliding turn - twisting turn - Long turn.
- f) You always finish facing the same direction as when you started (and in roughly the same position).
- g) When preparing to do the kata you need more room in front of you and to the right.
- h) You always block and strike with the leading arm. That is, if you have your left leg forward you block/strike with your left arm and if you have your right leg forward you block/strike with your right arm.
- i) The direction of the turns are as follows:  
Long Turn – move front leg and turn 180 degrees clockwise to face your back  
Sliding Turn – move back leg and turn 90 degrees anti-clockwise to face your left  
Twisting turn – move back leg and turn 270 degrees anti-clockwise to face your right