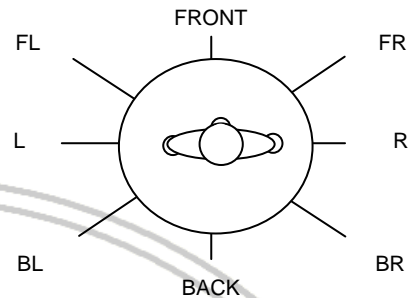


## Guide to Goya-Ra-Ru Second Kata

The notes below provide a brief summary of the 20 counts of the sequence.

They are designed as an aid to jog the memory rather than a complete description of the kata.

All the *cat-stances* are *right leg back* and all *chest blocks* are with the *left hand*. All *Front-kicks* are with the *back (right) leg*.



1. Cat stance towards FL, right leg back, open hand chest block.
2. Step forwards with the left leg, reverse punch.
3. Front kick with the back leg, turn 180 degrees to face BR – right leg back, cat stance. Open hand chest block.
4. Step forwards with the left leg, reverse punch.
5. Front kick with the back leg; turn 45 degrees to face the BACK – double open hand push out and down.
6. Cat stance, right hand wrap-around head block, left hand back of wrist strike across the head. 'Hypnotic movement' – (left hand moves left, then right and down, then left and down. It then moves up and around towards the right shoulder with the palm facing out. During this movement the right hand moves around and down towards the left side of the body with the palm facing out. The left hand then pushes out as the right retracts to the right side of the body to form an overall guard position.)
7. Turning back-kick (towards the BACK direction) with the right leg.
8. Extend the right leg out into a back stance facing the FRONT direction, downward block with the right hand; the left hand comes to the right shoulder to form a guard with the palm facing out.
9. The left hand now sweeps around to meet the right. Both arms are now bent with the palms of the hands facing forwards and the fingers facing out.
10. Extend forwards into a long narrow front stance- double palm strike towards the stomach area.
11. Break the hands apart from each other and retract back into back stance and into a similar position to count 10.
12. Stepping up, turning 135 degrees to your left facing BL, right leg back, cat stance – open hand chest block.
13. Double punch.
14. Front kick, turn to face FR, cat stance open-handed chest block.
15. Double punch.
16. Front kick, turn 45 degrees to your left, place your right foot forwards into a reverse back stance, low x-guard. (Facing FRONT), Rotate on the feet to turn into a back stance facing BACK, bring the arms over to form a guarding position with the left hand forwards and the right hand over the solar plexus.
17. Stepping up with the back leg into a reverse cat stance, left hand-wrap around head block, right hand downwards open-hand block towards the FRONT.
18. Unwind to your left to face the FRONT in a cat stance. The right hand comes around to meet the left to form an open handed x-block above the head.
19. Hands travel downwards and out to form two open-handed leg blocks. – Then the hands come in towards the chest, inside of the wrists touching, fingers pointing out.
20. (Finish) Step back into ready position.