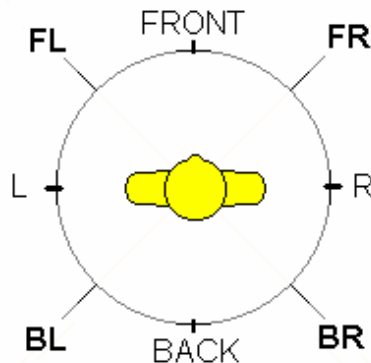


Handout No. 7

Third Kata Count Guide



STARTING POSITION. PLAN VIEW, ABSOLUTE DIRECTIONS, L=LEFT, R=RIGHT.

Ready Position

1. Back stance right leg back, hands come from the back and over into a guard position facing the FRONT. The left hand is forward and the right hand covers the solar plexus.
2. Double open handed x-guard chest high towards the front.
-turn to face the BACK, the right hand forms an open handed downwards block. The left hand comes into the left side in a ready position. The left leg is bent and the right is straightened.
3. Turning the hips towards the BACK the right leg now bends and the left straightens into a long narrow front stance. The right hand unwinds into a fish-tail block as the left blocks downwards to the left side.
4. The body turns sideways on as the right hand delivers a back of fist strike towards the nose area. The left hand returns to the left side of the body in a ready position.
5. The hips square up again as the arms form a preparatory position for a leg block with the right arm.
6. The right arm delivers a leg block. The left hand tucks into the side of the body.
7. Rotating onto the ball of the left foot, the left hand delivers a reverse punch.
8. Turning 180° to face the FRONT again; double closed fist x-block, chest height.
9. Turning to face the BACK, the right hand delivers a closed fist leg block as the left assumes a ready position at the left side of the body.
10. Turning to face the FRONT, the position in count number one is assumed.
11. The right hand delivers a sweeping block at shoulder height, the left hand returns to the side of the body. At the same time the right leg travels in to the left side of the left leg to form a reverse cat stance (effectively facing the RIGHT). The body still faces the FRONT however and when the stance is secure the left hand delivers a punch to the FRONT and the right hand is positioned near the left pectoral, thumb side out (as in preparation for o/h chest block).
12. The stance then unwinds turning 180° to the right into a cat stance to face LEFT. The right hand delivers an open hand chest block while the left hand returns to the side of the body.
13. Inside crescent kick with the left leg towards LEFT which turns the body to face RIGHT. Back kick with the right leg towards LEFT then placing the leg out into front stance facing RIGHT with the right leg back. As the front stance is secured a double palm strike to the stomach area is delivered (similar to the move in kata 2).

14. The posture remains the same as the hands now break and retract towards the body, wrists touching and fingers facing out.
15. Front kick with the back leg, stepping forwards into a 'reverse back stance' with the left hand coming across the body chest high palm facing out and the right hand coming across the lower body palm facing out. The hands should both be positioned along the centre line of the body facing RIGHT.
16. The posture unwinds to the left into a horse stance facing the FRONT. At the same time the left hand (keeping at the same height), travels across the body and extends out beyond the left side. The right hand tucks into the side of the body and focus should be to the LEFT.
17. The left leg now steps across to the left to form a front stance facing LEFT. The right hand now delivers a closed fist chest block followed by a closed fist leg block.
18. Front kick with the right leg stepping into a front stance (left leg back), left arm delivers a reverse punch. (to the LEFT)
19. Unwind 135° to the left into a back stance (facing BR) - The right hand tucks into the side of the body and the left sweeps across to deliver an open handed leg block with the fingers pointing inwards. The same hand the travels up, forward and left, then across the body at neck height to the right. Bend the left arm so the hand comes back to the neck area. The left hand then pushes out leading with the edge of hand. (facing BR)
20. Stepping up (right leg steps to the left of the left leg) into a reverse cat stance (effectively facing BL) to deliver a double punch (to the BR direction)
21. Unwind 180° to the right to face the FL direction into a square stance with the left leg back. At the same time the right hand delivers a closed fist chest block, the left delivers a closed fist leg block.
22. Stepping forwards in square stance (now the left leg is forward) this time the left hand does the chest block and the right hand delivers the leg block. (still facing FL)
23. Downward back of fist strike with the right hand.
24. Punch to the solar plexus with the left hand. (still facing FL)
25. Turning 90° to the right to face the FR direction, reverse cat stance with the right leg forward, closed fist chest block with the left hand.
26. Stepping back with the right leg into a front posture facing the same direction, reverse punch. (R hand)
27. Front kick with the right leg, place the foot in front of the left and turn 180° to the left (to the BL direction) into a cat stance (right leg back) double closed fist chest block.
28. stepping forwards with the left leg into a front stance, double finger tip strike towards the eyes. (facing BL)
The arms then retract into an open hand x-guard over the chest area.
29. Front kick with the right leg, place the foot down and bring the left foot from the left side round the back of the right foot and to the other side so that the body can now turn to face the FRONT, feet shoulder width apart. The hands then rise up to head height and open out wide with the palms facing forwards.
30. The hands are then lowered to the waist and with a rotation are then drawn in towards the sides of the body.
31. Ready position facing FRONT (Finish)