

Kama Kata

Section 1:

1. From ready position, step back with right foot and execute a left chop.
2. Right punch, then tear down.
3. Step right with punch, then spinning chop
4. Right advance right front kick, then jump right front kick
5. Land in double knife hand block, "x" stance (left behind right)

Section 2:

1. Spin counter clockwise to a cup and saucer.
2. Right chop, step right then left punch
3. Step left, then execute a right advanced round kick
4. Then do a tornado right round kick

Section 3:

1. Going opposite direction execute a left chop, then right punch
2. Step over to a cup and saucer, execute a right chop then step right and execute a left reverse punch
3. Left advanced round kick
4. Then do a tornado left round kick
5. Right chop then left reverse punch

Section 4:

1. Step up to a cup and saucer, chop right (towards starting position)
2. Execute a right side kick land in horse stance
3. Jump 180 degrees in to a horse stance
4. Execute a right advanced round kick
5. Then do a tornado right round kick
6. After landing turn counter clockwise and drop to right knee and right chop down.
7. Go back to ready position