



Dojos Family Martial Arts
www.mydojos.com

KATA 7

Attention stance
Courtesy bow

1. Hands clap together twice head high
2. 2 outward tiger claws
3. Double palm strikes to the front
4. Put arms back and lean forward
5. Tiger leap with four tiger claws
6. Right hand windshield claw
7. Left hand windshield claw
8. Right hand gouging claw
9. Left hand gouging claw
10. Double outward tiger claws
11. Horse stance

Honesty
Courtesy
Perseverance

Attention stance
Courtesy bow

Parents: This kata is designed to enhance the creative mind of a child. Encourage your child to use his/her imagination. Ask them to describe the targets that they are striking and what else is happening in this kata. To improve their memory, ask them to be more specific in their descriptions and have a lot of action in their story.