Dojos Family Martial Arts
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KATA 12

Attention stance
Courtesy bow

1. Step to the right side
2. Still facing 12:00 perform 3 reverse punches.
3. Pivot on the left foot and step ¼ turn counter clockwise to 9:00 and perform 3 more punches
4. Pivot on the left foot and step ¼ turn counter clockwise to 6:00 and perform 3 more punches
5. Pivot on the left foot and step ¼ turn counter clockwise to 3:00 and perform 3 more punches
6. Put hands up in a guarding stance facing 12:00.
7. Right leg spinning hook kick
8. Right leg roundhouse kick.
9. Right backfist
10. Left reverse punch
11. Horse stance

Exam Bonus Moves

12. Left leg roundhouse kick
13. Right leg spinning hook kick

Honesty
Courtesy
Perseverance

Attention stance
Courtesy bow

Parents: this kata will help children to understand fractions and parts of a circle. This is how instructors teach all spinning kicks.