

Action Set

Theme: This kata is a balance between linear and circular movements. The circular movements gain power through rotation and the linear movement will gain power through back-up mass.

Facing 12:00: Triangle Bow

1. Step left foot to the side and pivot to a left forward bow as your right hand does an inside downward palm down ridge hand block followed by an outward knife hand block. Left hand will check near right shoulder then chamber to side palm up.
 2. Pivots to a right forward bow as your left hand does an inside downward palm down ridge hand block followed by an outward knife hand block. Right hand will check near Left shoulder then chamber to side palm up.
 3. Head looks to the left 45° and then **step right foot back to 4:30 in a fighting stance**
 4. Slide right foot to left as you right inward hand sword to the ribs towards the left 45°
 5. Feet still together left outward hand sword neck high to the same 45°
 6. Step left foot to 10:30 on the left 45° angle as you left push down block and **right vertical punch** in a left forward bow
 7. Head looks to the right 45° and then **step left back to 7:30 in a fighting stance**
 8. Slide left foot to right foot as you left inward hand sword to the ribs towards the right 45°
 9. Feet still together right outward hand sword neck high to the same 45°
 10. Step right foot to 1:30 on the right 45° angle as you right push down block and **left vertical punch** in a right forward bow
 11. Check right foot to left knee and plant in a horse stance as you **upward X block**
 12. Double downward vertical punches
 13. **Double upper cuts**
 14. Left foot steps back to 4:30 in a forward bow facing 10:30 as you right, left push down block right vertical back fist, with pressure – lift up and fast vertical back fist
 15. Left foot steps straight across to 7:30 facing 1:30 in a reverse bow as your hands circle low and **straight out to knife hands**
 16. Hands circle high and **straight out to knife hands**
 17. Right foot checks the left knee and plants in a right forward bow as your left palm heels to 12:00
 18. **Right reverse punch** in a left forward bow to the left 45°
 19. Left index finger depth shot with tension to 12:00 in a right forward bow
 20. Fast right **reverse punch** to 12:00 in a left forward bow
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21. Face 9:00 in a fighting stance by adjusting your right foot slightly forward.
 22. Shuffle front kick with your left to 9:00
 23. Push down block with you left
 - a. Right vertical punch over the push down
 - b. Right vertical under the push down
 - c. **Right vertical punch** over the push down
 24. Adjust your left foot forward so you can turn into a right forward bow facing 3:00 as you **right forward thrusting hand sword to the throat and left 4 finger eye shot to the eyes**
 25. Left – right chicken kick to 3:00 planting you right foot back
 26. Push down block with your left
 - a. Right vertical punch over the push down
 - b. **Right vertical punch** under the push down
 27. Chinese Pinchers towards 12:00 – stopping at the **right vertical punch**
 28. Right outward crescent kick - Right rear leg round house kick - Right 360 jump spinning inward crescent kick all kicking towards 12:00
 29. After the 360 plant your right foot forward and face 6:00
 30. Left downward hand sword block – left outward ridge hand block
 31. **Right reverse punch**
 32. Right 45 degree round house kick under the chin plant forward toward 6:00
 33. Left axe kick to 3:00
 34. Right rear leg side kick to 3:00
 35. Plant in a house stance as you **upward X block**
 36. Double downward vertical punches
 37. **Double upper cuts**
 38. Grab attacker with both hands
 39. Pull attacker into a **right knee strike**
 40. Throw attacker to your left in a forward bow
 41. Have hands make a triangle on your left side after the throw
 42. Bring your hands in their triangle over your head and bow