

## Force 1

**Theme:** This kata is the first of a series of three. These katas are great for tournament competition because of the effective use of kicks, punches and stances.

### **Facing 12:00: Triangle bow**

- 1) Step right foot to 2:00 as you left outward block to 9:00
- 2) **Right reverse punch** to 9:00 turning into a left forward bow
- 3) Front kick with right to 9:00 While keeping hands up in a guarding stance
- 4) Back kick with right without putting your foot down from the front kick to 3:00 – plant back kick down in a right neutral bow at 4:00
- 5) Back fist with right to 3:00
- 6) **Left reverse punch** to 3:00 turning into a right forward bow
- 7) Front kick with left to 3:00
- 8) Back kick with left without putting your foot down from the front kick to 9:00 – plant back kick down in an attentions stance facing 3:00
- 9) Step back with right foot to 4:30 in a fighting stance facing 12:00 – circle hands counter clockwise to a guarding stance
- 10) **Right palm heel** to 12:00 as you turn to a left forward bow
- 11) Right rear leg roundhouse kick to 12:00 plant in front
- 12) Right shuffle side kick to 12:00 plant at 2:00
- 13) Facing 9:00 **downward block** with the left hand in a left neutral bow
- 14) Rotate to a left forward bow while you inward handsword to neck
- 15) Maintain your left forward bow as you perform a right outward handsword to ribs
- 16) Bring hands up in a guarding stance, right/left chicken kick to 9:00 – plant in a fighting stance facing 9:00
- 17) Right leg 3 directional kick (front, side, back),(9:00, 12:00, 3:00) – plant foot at 3:00
- 18) Pivot to a forward bow as **you left reverse punch** to 12:00

### **Triangle bow**