

## Force 2

**Theme:** This kata is the second 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 3:00 in to a forward bow as the **left hand reverse punches** to 12:00
2. Pivot right foot to forward bow and right forward reverse hand sword low to 12:00
3. Right outward crescent kick at 12:00 landing in a right forward bow
4. **Left reverse punch to 12:00**
5. Hands come up to a fighting stance as you face 3:00 and left (rear leg) round house kick plant at 3:00
6. Right spinning back kick to 3:00 plant at 3:00
7. Right crossing side kick to 3:00 plant at 3:00 and face 9:00 in a fighting stance
8. Right reverse punch in a left forward bow to 9:00
9. **Left reverse punch in a neutral bow to 9:00**
10. Right (rear leg) round house kick to 9:00 plant at 9:00
11. Left spinning back kick to 9:00 plant at 9:00
12. Left crossing side kick to 9:00 plant at 9:00 in a horse stance facing 12:00
13. Upward X block
14. Double downward knife hand blocks to each side
15. Keep your feet in place and drop to left knee as you execute a right upward block hand open over your head and your **left vertical punch** at 12:00
16. Place both your hands on the ground towards 3:00 inside your right leg, look over your right shoulder and right back kick to the stomach as you lean on your hands (after the kick back to kneeling position)
17. Still in kneeling position – **left reverse punch to the groin** (this would buckle the attacker)
18. Grab buckling attacker's shoulders with both hands. Stand up and pull attacker into a left knee/instep kick (do kick as standing) plant kick at 3:00
19. Turn to a right forward bow as you throw attacker on the ground at 9:00
20. Step left foot to 6:00 and face 12:00 as you right downward block
21. Slide left to right as you right outward block
22. Right leg low round house kick at 12:00
23. Right leg high round house kick at 12:00 **plant at 12:00 in a fighting stance**
24. Left leg spinning hook kick

Step left leg forward to a horse stance. **Triangle bow**