

Force 3

Theme: This kata is the third 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 left foot to 7:30 into a right neutral bow facing 12:00 as the hands come up to a guarding stance
2. Left leg spinning hook kick to 12:00
3. Step left foot to 10:30 into a right neutral bow facing 3:00 as you perform a left inward parry block followed by a right outward parry block.
4. Rotate to a right forward bow as you perform a **left reverse punch** to 3:00 while chambering your right hand to the side palm up.
5. Slide your right foot to the left as feet come together with body facing 12:00, check the ribs with left hand while doing a right downward hammerfist to 3:00
6. Hands up in a guarding stance, right front leg side kick followed by a shuffle up front leg hook kick/roundhouse kick combination.
7. plant right foot to 1:30 into a left neutral bow facing 9:00 as you perform a right inward parry block followed by a left outward parry block.
8. Rotate to a left forward bow as you perform a **right reverse punch** to 9:00 while chambering your left hand to the side palm up.
9. Slide your left foot to the right as feet come together with body facing 12:00, check the ribs with right hand while doing a left downward hammerfist to 9:00
10. Hands up in a guarding stance, left front leg side kick followed by a shuffle up front leg hook kick/roundhouse kick combination.
11. Plant left foot in a horsestance facing 12:00 with left hand chambered to side palm up and right hand over top of left with a horizontal face down position (cup and saucer)
12. Step left foot to 1:30 facing 6:00 in a right forward bow while executing a **right open hand upward block and a left inward handsword neck high.**
13. Bring hands to a guarding position while you perform a shuffle up right left front snap kick to 6:00.
14. Step left foot to 7:30 in a deep rear twist stance while performing a right outward hammerfist groin level and checking with the left hand near the right shoulder.
15. Rotate body counter clockwise to a right reverse bow facing 12:00. Right hand will rotate counter clockwise to an open hand downward block and left hand will rotate clockwise to an open hand upward block.
16. Shuffle left foot to right foot with hands up in a guarding stance, execute a front leg side kick to 12:00 low, middle then **high** without placing foot on the ground in between kicks.
17. Plant right foot to 10:30 in a left reverse bow facing 6:00. Left hand will rotate counter clockwise to an open hand downward block and right hand will rotate clockwise to an open hand upward block.
18. Shuffle right foot to left foot with hands up in a guarding stance, execute a front leg side kick to 12:00 low, middle then **high** without placing foot on the ground in between kicks.
19. Plant left foot to 4:30, perform a right rear leg roundhouse kick to 6:00 immediately followed by a right 360 jump spinning inward crescent kick to 6:00.
20. Plant right foot to 4:30 facing 12:00. Drop right knee to a full kneel while performing a left vertical outward block and a **straight right punch** to 12:00.
21. Maintain a full kneel stance while crossing both arms chest high in preparation for double outward downward knife hands.
22. Keep the knife hands extended as you stand up with a right front snap kick to 12:00.
23. Plant right foot to 12:00 in a side horse stance while performing a **right inward sandwiching elbow.**
24. Check right foot to left knee while chambering hand to side palm up.
25. Plant right foot to 3:00 in a front horse stance facing 12:00.
26. Maintain front horse stance and perform an upward "X" block, downward outward hand swords then upward outward palm strikes palm out.

Courtesy bow