

Force 4

Theme: This kata introduces the open hand fighting stance. The front hand is used as a gauge to set your distance. The reverse hand is chambered and ready to strike.

Facing 12:00: Triangle bow

1. With feet together perform a **right outward hand sword** to 3:00. Recoil the hand.
2. Right leg side kick to 3:00, land with feet together.
3. With feet still together perform a **left outward hand sword** to 9:00. Recoil the hand.
4. Left leg side kick to 9:00, land with feet together.
5. Right foot steps back toward 6:00 in a left neutral bow facing 12:00.
6. Left hand does a **left outward hand sword** as the right hand does an open hand upward block.
7. Perform a right inward crescent kick to 12:00 followed by a left leg spinning hook kick to 12:00.
8. Land in a right neutral bow with a front hand open fighting position. Rear hand chambered to your side.
9. Drop to a close kneel as you perform a **left reverse punch** to 12:00. Keep the open hand in check.
10. Perform a left inward crescent kick to 12:00 followed by a right leg spinning hook kick to 12:00.
11. Land in a left neutral bow with a front hand open fighting position. Rear hand chambered to your side.
12. Drop to a close kneel as you perform a **right reverse punch** to 12:00. Keep the open hand in check.
13. Step the right foot toward 12:00 into a left forward bow facing 9:00. Simultaneously perform a right downward block and a left vertical outward block.
14. Maintain the forward bow as the hands trade positions.
15. With hands up in a fighting stance execute a right front kick to 9:00. Without setting the foot down perform a pivoting side kick to 9:00.
16. Plant the right foot toward 9:00 then a step the left foot toward 9:00 into a rear twist stance as you perform a **right hand back fist** while the left hand checks the ribs.
17. Unwind into a right forward bow facing 3:00. Simultaneously perform a left downward block and a right vertical outward block.
18. Maintain the forward bow as the hands trade positions.
19. With hands up in a fighting stance execute a left front kick to 3:00. Without setting the foot down perform a pivoting side kick to 3:00.
20. Plant the left foot toward 3:00 then a step the left foot toward 3:00 into a rear twist stance as you perform a **left hand back fist** while the right hand checks the ribs.
21. Unwind into a left neutral bow facing 9:00 with an open hand fighting stance.

22. Right inner arch kick to 9:00 followed by a left leg side kick. Land in an open hand fighting stance facing 3:00.
23. Left inner arch kick to 3:00 followed by a right leg side kick. Land in a front horse stance facing 9:00 with hands chambered to the side in a cup/saucer.
24. Adjust the left foot back toward 6:00 so that you are in a neutral bow facing 9:00. Immediately follow this with a **right reverse punch** and a left forward bow to 9:00.
25. Adjust the right foot back toward 6:00 so that you are in a neutral bow facing 3:00. Immediately follow this with a **left reverse punch** and a right forward bow to 3:00.
26. Check the left foot to the right knee and land in a front horse stance with a **double front punch**.
27. Step right foot back toward 6:00 into a crane stance to 10:30 while performing an open hand upward block with your right hand and a left push down block.
28. From the crane stance perform a left front kick to 10:30 followed by a **right upper cut punch** and left upward block in a left forward bow.
29. Step left foot back toward 6:00 into a crane stance to 1:30 while performing an open hand upward block with your left hand and a right push down block.
30. From the crane stance perform a right front kick to 1:30 followed by a **left upper cut punch** and right upward block in a right forward bow.
31. Step the right foot toward 6:00 into a left neutral bow with an open hand fighting stance.
32. Flying side kick to 12:00, land in a right neutral bow with an **open hand fighting stance**.
33. Check the right foot back to the left leg then plant in a front meditating horse stance.
34. Bow

Courtesy bow