



SUNSET FAMILY KARATE

7773 Healdsburg Avenue • Sebastopol, CA 95472 • (707) 824-9113

Kata 1A - Lighting Ram

Attack

Left Hand Grab

Defense

STEP BACK WITH LEFT FOOT INTO A SIDE HORSE AND RIGHT VERTICAL PUNCH TO FACE (1), RIGHT INVERTED HAMMER FIST TO THE GROIN (2), RIGHT VERTICAL PUNCH TO THE FACE (3) AND DROP ELBOW

Right Roundhouse

BLOCK RIGHT ROUNDHOUSE WITH LEFT OUTWARD BLOCK (4), RIGHT VERTICAL PUNCH TO THE FACE (5), AND DROP ELBOW, COVER BACK WITH RIGHT FOOT INTO A KENPO (6)

Right Punch

45 WITH LEFT FOOT INTO A HORSE AND BLOCK RIGHT PUNCH WITH LEFT INWARD, RIGHT FRONT KICK TO THE GROIN AND STEP FORWARD INTO A KENPO AND RIGHT CHOP TO THE BACK OF THE NECK (7), COVER BACK WITH RIGHT FOOT INTO A KENPO (8)

Left, Right Punch

BLOCK LEFT PUNCH WITH RIGHT OUTWARD, BLOCK RIGHT PUNCH WITH LEFT OUTWARD, RIGHT VERTICAL PUNCH TO THE FACE (9), RIGHT FRONT KICK TO GROIN AND COVER BACK WITH RIGHT FOOT INTO A KENPO (10)

Right Club

BLOCK RIGHT CLUB WITH LEFT OUTWARD AND GRAB WRIST (11), RIGHT FRONT KICK TO THE GROIN, STEP FORWARD INTO A KENPO & RIGHT SIDE PALM TO THE TEMPLE (12), RIP EAR, TWIST LEFT INTO A HORSE AND PULL HAND TO STOMACH.

Right Knife

BLOCK KNIFE WITH LEFT OUTWARD & GRAB WRIST, RIGHT CRANE TO THE GROIN (13), PULL DOWN LEFT ARM & RIGHT CRANE TO THE CHIN, RIGHT VERTICAL PALM TO THE FACE (14), BEND RIGHT ARM TO THE CHEST, PIVOT 90 DEGREES ON THE LEFT FOOT TO THE RIGHT & RIGHT SLASH TO THE EYES, COVER BACK WITH RIGHT FOOT INTO A KENPO (15)

Right Punch

DROP BACK TO MARK WITH LEFT FOOT TO A SIDE HORSE & BLOCK RIGHT PUNCH WITH LEFT INWARD, STEP UP WITH RIGHT FOOT INTO A HORSE & PULL ATTACKER'S ARM DOWN WITH RIGHT OUTWARD BACK FIST (16), RIGHT SIDE PALM TO THE FACE, RIP AND RIGHT VERTICAL PUNCH TO THE FACE (17), COVER BACK WITH RIGHT FOOT INTO A KENPO (18)

Right Punch

45 WITH LEFT FOOT INTO A SIDE HORSE AND BLOCK RIGHT PUNCH WITH LEFT INWARD (19), STEP FORWARD WITH RIGHT FOOT INTO A KENPO AND RIGHT VERTICAL PUNCH TO THE RIBS, TWIST LEFT INTO A HORSE, CROSS LEFT FOOT BEHIND RIGHT FOOT AND LEFT INVERTED PALM TO THE GROIN (20), TWIST LEFT INTO A HORSE AND RIGHT FRONT KICK TO THE GROIN, STEP FORWARD INTO A KENPO AND ONTO MARK, RIGHT CHOP TO THE BACK OF THE NECK (21), LEFT FOOT FORWARD TO A HORSE (22), LEFT FOOT TO ATTENTION.