



SUNSET FAMILY KARATE

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

Kata 1 – Mountain Meets River

Attack

Left Hand Grab

Defense

STEP BACK WITH LEFT FOOT INTO A SIDE HORSE AND BREAK GRAB WITH DOWNWARD MOTION OF RIGHT ARM (1) & PULL FIST TO STOMACH, RIGHT INVERTED HAMMER FIST TO GROIN (2), SHUFFLE BACK WITH LEFT FOOT (3), RIGHT BACKFIST TO THE RIGHT TEMPLE (4), DROP ELBOW

Right Roundhouse

SIMULTANEOUS OUTWARD BLOCK WITH LEFT & RIGHT VERTICAL PALMS TO WRIST AND SHOULDER (5), DROP RIGHT ELBOW, RIGHT INVERTED HAMMER FIST TO THE GROIN, RIGHT VERTICAL PUNCH TO THE FACE (6), COVER BACK WITH RIGHT FOOT INTO A KENPO (7)

Right Punch

45 WITH LEFT FOOT INTO A HORSE AND BLOCK RIGHT PUNCH WITH LEFT INWARD, RIGHT AND LEFT REVERSE PUNCH TO THE RIBS (8), RIGHT FRONT KICK TO THE GROIN, STEP FORWARD INTO A KENPO AND RIGHT CHOP TO THE BACK OF THE NECK (9), COVER BACK WITH RIGHT FOOT INTO A KENPO (10)

Left, Right Punch

STEP BACK WITH LEFT FOOT INTO A KENPO, BLOCK LEFT AND RIGHT PUNCH WITH RIGHT OUTWARD AND INWARD BLOCKS, RIGHT VERTICAL PUNCH TO FACE (11), STEP UP WITH LEFT FOOT INTO A CAT, DROP LEFT HAND TO COVER GROIN, RIGHT FRONT KICK TO THE GROIN, STEP OUT WITH RIGHT FOOT INTO A HORSE AND STRIKE RIGHT FIST INTO LEFT PALM AT YOUR CENTER (12)

Right Club

STEP FORWARD WITH RIGHT FOOT INTO A KENPO, BLOCK RIGHT CLUB WITH SIMULTANEOUS OUTWARD BLOCK WITH LEFT & RIGHT VERTICAL PALMS TO WRIST AND SHOULDER, RIGHT SIDE CHOP TO NECK AND DROP ELBOW, COVER BACK WITH RIGHT FOOT INTO A KENPO (13)

Right Knife

45 WITH LEFT FOOT INTO A SIDE HORSE & BLOCK KNIFE WITH LEFT INWARD, FINGERS DOWN (14), RIGHT FRONT KICK TO THE GROIN & STEP FORWARD INTO A KENPO, RIGHT CHOP TO BACK OF NECK, COVER BACK WITH RIGHT FOOT INTO A KENPO (15)

Right Punch

45 WITH LEFT FOOT INTO A SIDE HORSE & BLOCK RIGHT PUNCH WITH LEFT INWARD (16), STEP FORWARD WITH RIGHT FOOT INTO A KENPO AND RIGHT ELBOW STRIKE TO THE RIBS, CROSS RIGHT FOOT OVER & IN FRONT OF LEFT FOOT (17), STEP BACK WITH LEFT FOOT INTO A SIDE HORSE (18), COVER BACK WITH RIGHT FOOT INTO A KENPO (19)

Right Punch

45 WITH LEFT FOOT INTO A SIDE HORSE AND BLOCK RIGHT PUNCH WITH LEFT INWARD (20), STEP FORWARD WITH RIGHT FOOT INTO A KENPO AND ONTO MARK AND RIGHT VERTICAL PUNCH TO THE RIBS, PIVOT ON RIGHT FOOT TO THE LEFT (90 DEGREES), STEP BACK WITH LEFT FOOT INTO A KENPO & RIGHT DOWNWARD BLOCK (21), STEP FORWARD WITH LEFT FOOT TO A HORSE AND STRIKE RIGHT FIST INTO LEFT PALM AT YOUR CENTER (22), LEFT FOOT TO ATTENTION.