



## **Adult Arnis Kata**

### Action Karate Arnis Kata Bow

1. Bring sticks out in front, place together horizontal.
2. Bring sticks up chest high.
3. Slide hands in until they touch.
4. Natural stance, sticks out at sides
5. Kick right foot behind (as if you were kicking your own butt) as you twirl sticks in outward motion and then cross sticks above head.
6. Kick right foot again and bring sticks down to sides.
7. Step forward w/right foot and strike opponent (in front) on either side of head w/sticks simultaneously.
8. Left foot dancer steps behind, left stick high block - right stick strike.
9. Spin around, left block chest/waist.
10. High right block (vertical).
11. Left foot steps left, left strike.
12. Right foot steps left (turn), right strike.
13. Left foot dancer steps, double low strikes to right.
14. Left foot steps left, right foot steps left.
15. Tornado kick, land on right knee, left stick blocks high, right stick side strike.
16. Stand (right fighting stance), right stick at shoulder, left stick down.
17. Twirl right stick down, left stick up.
18. Twirl right stick up, left stick down.
19. Twirl right stick down, left stick up.
20. Twirl right stick up, left stick down.
21. Right side kick to front.
22. Pivot towards back and slide hands to middle of sticks.
23. Bring sticks in horizontally to strike opponent's head (forearms up), cross through (right on top).
24. Rotate arms bringing them out and end with sticks extended straight out in front.
25. Bring sticks back as if to touch shoulders, twirl 1x, right knee strike, landing forward with right leg, jab to solar plexus.



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26. Right leg slides back behind left as you bring sticks to chest to slide hands back down into normal position, left arm blocks down, right arm chest level.
27. Right spinning hook kick.
28. Drop on left knee, left rising block, look over right shoulder twisting all the way around and strike right.
29. Unwind and pivot to right knee, left stick drops straight down in downward block, right chambered at shoulder.
30. Right strike, left strike, right strike in rapid succession.
31. Stand, left block chest/waist, move right leg to left leg as you high right strike (vertical).

Bow "Arnis Kata Rocks"