



Adult Kama Kata

Action Karate Kama Kata Bow

1. Cross arms, left knee on floor, left strike forward.
2. Cross arms, both knees on floor, sit on feet, downward strike to sides, weapons on thighs.
3. Cross arms, left knee on floor, right strike forward.
4. As you stand up, lift left knee up, right rising block and left downward strike.
5. Left leg moves into horse stance as left arm comes in and circles clockwise around your head and strikes opponent's throat.
6. Left arm pulls back in as it circles around the front to strike throat again.
7. Cat stance (right), both arms chambered across your body.
8. Lift right knee up, left rising block and right downward strike.
9. Right leg moves into horse stance as right arm comes in and circles counter clockwise around head and strikes opponent's throat.
10. Right arm pulls back in as it circles around the front to strike throat again.
11. Left leg steps forward, bring both weapons in and slice across chest.
12. Turn weapons out and slice again.
13. Turn weapons in and strike in to chest.
14. Turn 180 degrees around, right downward strike, right rising block, left punch strike.
15. Turn 180 degrees back to front and slice up the body of opponent with outer blade on kama.
16. Left downward block, left rising block, right punch strike.
17. Right front kick, right side kick, right side strike on angle towards floor.
18. Pivot right, land on left knee, strike to front with left kama.
19. As you stand, pivot to left, left block above head, right side strike.
20. Right advancing front kick, right downward block, left punch strike.
21. Right leg moves to right behind you as you pivot, right block above head, left side strike.
22. Left advancing front kick, left downward block, right punch strike.
23. Left leg moves back, left strike cutting across angle from shoulder to hip.
24. Right strike into shoulder with right tension move from shoulder to hip on angle.



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25. Right advancing front kick.
26. Left leg dancer steps behind right, left strike down and to the right.
27. Lean away, right downward strike.
28. Pull into cat stance (left leg).
29. Step left leg forward, step right leg forward.
30. Tornado kick, drop on right knee, left block above head, right strike upward to groin. Stand.

Bow "Kama Kata Rocks"