



## **Adult Staff Kata**

1. Stand at attention, staff held horizontal with ground.
2. Step right foot forward, turn right foot 90 degrees right, bring staff to right side, right hand high, left hand low.
3. Step left foot forward in cat stance, hold staff out and horizontal to ground.
4. Step left foot back, hold staff vertical to ground on left side, left end planted in ground, right hand high, left hand low. (Set L Position)
5. Step right foot back to even with left foot, hold staff vertical to ground on right side, right end planted in ground, left hand high, right hand low. (Set R position)
6. Step right foot back, two strikes forward, right side, first strike with staff under arm and left hand under armpit, second strike also right side with staff over arm and left hand over shoulder.
7. Step right foot forward even with left foot, hold staff vertical to ground in middle, right hand high, left hand low. (Set M position)
8. Step left foot back, two strikes forward, left side, first strike with staff under arm and right hand under armpit, second strike also left side with staff over arm and right hand over shoulder.
9. Lift staff overhead, wind up counterclockwise. Unwind clockwise doing a 540 degree turn (1-1\2), pivoting on right leg. While turning, bring staff into a strike position so that you end up with the staff on right side, out in a strike, with left hand under armpit.
10. Step left foot forward even with right foot, hold staff vertical to ground in middle, right hand low, left hand high. (Set M Position)
11. Cross over right foot to left (10:00), staff is forward right hand high, left hand low and staff is 45 degree up left from horizontal, strike right.
12. Pivot 360 degrees counterclockwise on both feet. As you return to face forward, staff is forward left hand high, right hand low and staff is 45 degree up right from horizontal, strike left.
13. Step right foot forward even with left foot, hold staff vertical to ground in middle, right hand low, left hand high. (Set M position)
14. Step left foot forward (12:00), forward block, poke staff high to eyes, poke staff low to foot, side kick right leg, downward strike right crossover left arm above right (left hand over, right under armpit). Crossover left leg behind right, bring staff up behind neck, hold horizontal to ground, pool stick poke right.
15. Repeat Step 14 in opposite direction. Turn to 6:00 left leg back, forward block, poke staff high to eyes, poke staff low to foot, side kick right leg, downward strike right crossover left arm above right (left hand over, right under armpit).



## **Adult Staff Kata**

Crossover right leg behind left, bring staff up behind neck, hold horizontal to ground, pool stick poke right. Turn to 12:00 left leg back. Hold staff shoulder high horizontal to ground.

16. Grab staff by one end, swing staff around in a big circle 3 times, and strike the ground on an angle to the right side. Left leg should be bent, right leg straight. Body low to ground.
17. Come up off ground strike, feet together, lift left leg, staff is on left side, right hand over, left hand under.
18. Switch sides, feet together, lift right leg, staff is on right side with, left hand over, right hand under.
19. Step right foot to 3:00 into a horse stance, staff now in front chest high, horizontal to ground, execute a forward roll.
20. As you come up out of forward roll, step left foot to 12:00, poke staff high on left side body forward (staff should follow same line as straight right leg).
21. Bring left leg even, spin 180 degrees, as you spin point left end of staff directly overhead, as you come out of spin...
22. Step right foot to 12:00, poke staff high on right side with body forward (rear left leg straight). Lean back straighten right leg, move staff into a 45 degree block overhead, staff should follow straight right leg.
23. Spin jump to 6:00 with a right leg lead, land right leg forward, left leg back (repeat 22) poke staff high on right side with body forward (rear left leg straight). Lean back straighten right leg, move staff into a 45 degree block overhead, staff should follow straight right leg.
24. Come to attention, set position left, set position right, flip staff under on right side so that it is behind arm, remove left hand from staff and stand at attention.

Bow "Staff Kata Rocks"