



Universal Sword Kata

Action Karate Sword Kata Bow

1. Sheath sword on left side of body.
2. Place right hand on right hip.
3. Drop down onto both knees, sitting on heels.
4. Keep left knee on floor, right knee up.
5. Circle right hand to grab sword handle.
6. Strike out (right hand only on sword) and up to right.
7. Circle sword in front of you, grabbing it with both hands and strike directly in front of you.
8. Switch knees and rotate 180 degrees (turning toward your left, sword still in front of you).
9. Raise sword above your head with both hands and strike down in front of you.
10. Switch knees and rotate 180 degrees, going back the way you came (to your right).
11. Flick blood off your sword with right hand, to the right.
12. Lay the sword blade on your open left palm.
13. Sheath the sword on your left side.
14. Place right hand on right hip.
15. Sit back on both heels.
16. Stand up, feet together.
17. Step back one step (left foot first, then right).
18. Right hand circles to grab sword handle.
19. Unsheath sword and hold out on right side.
20. Grab sword with both hands, circling around to strike out to left as right foot steps forward.
21. Raise sword above head with right hand (tip of sword is pointed to the left).
22. Raise left palm above head for sword to rest on.
23. Push sword forward and down with left palm.
24. Thrust sword forward with both hands as you step forward with left.
25. Step back with left foot.



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26. Flick sword to right side
27. Lay sword across left palm.
28. Resheath sword.
29. Right hand on right hip.

Bow "Sword Kata Rocks"