



Action Karate

606 Selvaggio Drive
Nazareth, PA 18064

Phone: 610-746-3600
E-mail: aknazareth@ptd.net

Asah Shark Kata

Make fist with right hand, hold under chin, say "ACTION KATA!"

Put left hand over right and say "ASAH SHARKS!"

Left leg steps out to the left "HORSE STANCE"

Both hands upward block, "UP"

Both hands inward block, "IN"

Both hands outward block, "OUT"

Cross arms across chest, "TOUCH"

Both arms downward blocks to the side, "DOWN"

Chamber both arms, "BACK"

Double palm down in middle of legs, "ASAH!"

Left leg steps back, "FEET TOGETHER"

Right arm "HAMMERFIST"

Left arm "HAMMERFIST"

Right arm "CHOP"

Left arm "CHOP"

Right leg back, "GUARDING STANCE"

Right "FRONT KICK"

Victory, Cross, Humility, Flip Up, Bow

Double punch towards the ground "CHHHH"

Left arm chambered, right hand chop out, "ASAH!"

Right hand makes a fist and touches left shoulder, "SHARKS"

Right hand chops straight down, "ROCK"