

## **Kenpo Kata Long One**

1. Step left foot back, right hand inward block, left reverse punch.
2. Bring right foot back into cat stance with left hand chambered and right hand inward block position. 3. Step right foot back, left hand inward block, right reverse punch.
4. Step right foot to 2:30 position, turn to 9:00, left hand outward block, right reverse punch.
5. Step back left foot (3:00) with right hand outward block, left reverse punch.
6. In combination, short right foot step from 9:00 to 8:00 reach right hand under left arm and grab,pull into a left elbow.
7. Right hand face rake, left hand rising block, then reverse punch with right hand.
8. Step left foot back (9:00), right hand rising block, left reverse punch.
9. Short step left foot to 12:00, right hand downward block, left reverse punch.
10. Step right foot to 12:00, left hand downward block, right reverse punch.
11. Turn 90 degrees swing left leg around and face 12:00, horse stance, fist cover, bow out.

Notes: Make sure you shift on your feet when punching. You will always be stepping backward and moving in an "L" direction.