

Kenpo Kata Short One

1. Step left foot back, right hand inward block.
2. Step right foot back, left hand inward block.
3. Step right foot to 2:30 position, turn to 9:00, left hand outward block.
4. Step back left foot (3:00) with right hand outward block.
5. Right foot step to 8:00 and turn 180 degrees, left hand rising block.
6. Step left foot back to (9:00), right hand rising block.
7. Short step left foot to 12:00, right hand downward block.
8. Step right foot to 12:00, left hand downward block.
9. Turn 90 degrees swing left leg around and face 12:00, horse stance, fist cover, bow out.

You will always be stepping backward on second block and moving in an "L" direction.