

Kenpo Kata Short Two

1. Right leg step to 12:00, right hand inward sweeping block/chop left hand cover.
2. Left leg step to 12:00, left hand inward sweeping block/chop right hand cover.
3. Left step back to cat stance - chamber hands on right hip in cup and saucer.
4. Simultaneous punch to left with right hand, block with left.
5. Right leg - pull into cat stance - chamber hands on left hip in cup and saucer.
6. Simultaneous punch to right with left hand, block with right.
7. Slide left leg in a question mark pattern (?) face 6:00.
8. Step left leg into a horse stance, rake and tension rising block, (right hand over, left hand under).
9. Pull right leg into cat stance, chamber left.
10. Step right leg into a horse stance, rake with left, rising block with right (tension, left hand over, right hand under).
11. Left leg pulls into cat stance facing 6:00.
12. Chamber right in cup and saucer.
13. Left leg step to 4:30, left downward block, right leg step forward on angle, right hand palm thrust.
14. Return right leg to cat stance chambered left to 6:00.
15. Right leg step to 7:30, right downward block, left leg step forward on an angle, left hand palm thrust.
16. Turn 180 degrees to face 1:30, chicken kick and left arm punch.
17. Reset to guard position.
18. Turn to 10:30, chicken kick with right foot lead and right arm punch.
19. Reset to guard position.
20. Natural stance, bow out.