

CHI KATA

1. **A) Right hand grab to face.**
2. B) Left hand grab to fingers & bend outwards.
3. B) Right hand front snap punch to nose.
4. **A) Left Hand high block.**
5. B) Left hand grab fist of block & twist hand down & to side to prepare for break at elbow.
Right hand palm to elbow for break.
6. **A) Pivot forward & left Back kick with heel to groin.**
7. **A) Swing arm out & come up with hammer strike to chin.**
8. B) Left hand high block coming across face & blocking down.
9. B) Left Hand front hack to neck.
10. B) Right reverse hammer to chin.
11. **A) Double Block down.**
12. **A) Double front snap punch to cheek bones.**
13. **A) Double front palm hand to cheek bones.**

NOTE: The above KATA is a CHI or inner strength kata. It is supposed to show power & strength. Therefore the above techniques are all to be done on a “power” 10 count. For example, it should take you ten seconds to perform one technique with expressed power & strength. When done **singularly** you should do one technique for each role & then the next techniques to follow... **do not** attempt to simultaneously do both techniques. For example... do the technique required for A then reposition yourself if needed to do the technique for role B.