

STAFF KATA

Place staff behind Rt. Arm -staff 1" off floor / BOW

1. Bring staff to front-Rt hand over left-hesitate-take staff back along L side-sliding R hand on top of staff-L foot forward-strike upward under chin. **(KIA)**
2. Circle face counterclockwise & strike upward under chin. **(KIA)**
3. Step up R Foot into width of balance- Horizontal chest block.
4. Turn R hand under & step into straight of balance w/ L foot-vertical block.
5. Step back w/ R foot-extended "T" stance-staff in R palm & jab to face. **(KIA)**
6. L foot back into cross "T"-R hand over L- 180d Turn of staff block to R side of body. **(KIA)**
7. Step up w/ L foot into fighting stance-striking L collarbone/staff under L arm. **(KIA)**
8. Turn R hand over-step up w/ R foot into width of balance- Horizontal chest block.
9. Turn R hand under-step L foot to straight of balance-Vertical block.
10. Step up w/ L foot fighting stance-strike L collarbone-staff under L arm.
11. Turn R hand Over-step up R foot in front of L fighting stance strike R collarbone-staff under R arm. **(KIA)**
12. Step up L foot in front of R strike L collarbone-staff under L arm.
13. L foot planted/ L 90d-R side kick solar plexus **(KIA)** coming down into Width of balance-horizontal groin block.
14. Horizontal chest block-Horizontal face block.
15. R foot planted/ R 90d L foot extended "T" staff in R palm jab to face. **(KIA)**
16. Step up w/ R foot into width of balance- Horizontal chest block.
17. Turn R hand under/ L foot into straight of balance-vertical block.
18. Turn R hand over staff & L hand under/ plant R foot 90d R & step L foot into fighting stance striking R collarbone staff under R arm. **(KIA)**
19. Reverse hands & Step up R. Foot into width of balance/ strike L collarbone/ staff under L arm. **(KIA)**
20. Step L foot into straight of balance- spin staff over to R side & behind R arm. **(KIA)**

BOW