

TRAINING KATA 1

#	Technique [Dominant Hand]	Stance	Footwork	Direction
1	[R] Angle Block	Right Crane	Right Step	Left
2	Right Sidekick	Kicking Position	None	Right
3	[R] Right OHRS	Right Front	Right Step	Right
4	[R] Left OHRS	Right Front	None	Right
5	[R] 4-Point Combo	Right Front	None	Right
6	Hand Switch [L] Angle Block	Left Crane	Left Step	Right
7	Left Sidekick	Kicking Position	None	Left
8	[L] Left OHRS	Left Front	Left Step	Left
9	[L] Right OHRS	Left Front	None	Left
10	[L] 4-Point Combo	Left Front	None	Left
11	Hand Switch [R] Push block	Right Front	Right Step	Forward
12	Left Roundhouse Kick	Kicking Position	None	Forward
13	[R] Uppercut	Left Cross Stance	Left Step	Forward
14	[R] Front Thrust	Right Long Front	Right Step	Forward
15	[R] Reverse Thrust	Left Back	Left Step	Right
16	Right Front Kick	Kicking Position	None	Right
17	[R] OHFS	Right Front	Right Step	Right
18	Hand Switch [L] Reverse Thrust	Right Back	Right Arc Step	Left
19	Left Front Kick	Kicking Position	None	Left
20	[L] OHFS	Left Front	Left Step	Left
21	[L] Push Block	Left Front	Left Step	Backward
22	Right Roundhouse Kick	Kicking Position	None	Backward
23	[L] Uppercut	Right Cross	Right Step	Backward

24	[L] Front Thrust	Left Long Front	Left Step	Backward
25	Hand Switch, to Ready Position	Straddle	Right Step in, Left Step out	Forward