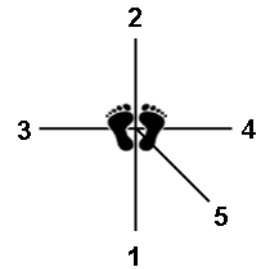


AMERICAN OPEN NO KAMA

Cutting the Devil's Head off



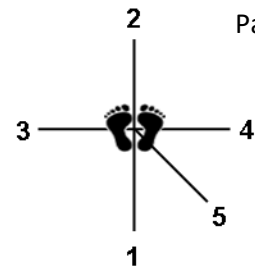
Beginning Salutation

Attention, Ready, and Prepare stepping out left crossing kama overhead and down to sides. Circle back overhead crossing kama forming mind-body-spirit triangle in a Moon Salutation. Circle kama back down to sides in a Sun Salutation stepping in left to attention and bow. Ready and prepare stepping out left crossing kama overhead and down to sides. Name the form.

1. Step back right (toward direction 1) to left forward stance (facing direction 2) and (open blade) left high block/right low block. Pivot right to right reverse forward stance and (open blade) left low block/right high chamber. Pivot left to forward stance and (open blade) right inward hooking block, step (toward direction 2) to right cat stance and right outward hooking block. Step right to rear crane stance and (open blade) left parry, right overhead strike, step back left to side crane stance and left upward block, right reverse upward strike. Step right to forward stance and (open blade) right overhead high block/inward cut/reverse outward cut to middle. Draw right foot to cat stance changing to right (reverse grip) and (closed blade) lunge strike/upper cut to body to forward stance, draw right foot to cat stance and right inward cut/reverse outward cut back to forward stance. Right front kick to front crane stance changing to right (normal grip) and (open blade) left parry, right overhead strike to forward stance.
2. Look left and pivot to left forward stance (toward direction 3) and (open blade) left high block/right low block. Pivot right to right reverse forward stance and (open blade) left low block/right high chamber. Pivot left to forward stance and (open blade) right inward hooking block, step to right cat stance and right outward hooking block. Step right to rear crane stance and (open blade) left parry, right overhead strike, step back left to side crane stance and left upward block, right reverse upward strike. Step right to forward stance and (open blade) right overhead high block/inward cut/reverse outward cut to middle. Draw right foot to cat stance changing to right (reverse grip) and (closed blade) lunge strike/upper cut to body to forward stance, draw right foot to cat stance and right inward cut/reverse outward cut back to forward stance. Right front kick to front crane stance changing to right (normal grip) and (open blade) left parry, right overhead strike to forward stance.
3. Look right and step behind right (half turn) to right forward stance (toward direction 4) and (open blade) right high block/left low block. Pivot left to left reverse forward stance and (open blade) right low block/left high chamber. Pivot right to forward stance and (open blade) left inward hooking block, step to left cat stance and left outward hooking block. Step left to rear crane stance and (open blade) right parry, left overhead strike, step back right to side crane stance and right upward block, left reverse upward strike. Step left to forward stance and (open blade) left overhead high block/inward cut/reverse outward cut to middle. Draw left foot to cat stance changing to left (reverse grip) and (closed blade) lunge strike/upper cut to body to forward stance, draw left foot to cat stance and left inward cut/reverse outward cut back to forward stance. Left front kick to front crane stance changing to left (normal grip) and (open blade) right parry, left overhead strike to forward stance.

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4. Slide back left to left peacock stance and right rear shooting star kamae position (facing direction 2). Step up left (toward direction 2) to left *kokutsu dachi* back stance and (open blade) double hooking shuto strikes. Left high block, right diagonal downward slash/reverse diagonal upward slash, step right to forward stance and right diagonal upward slash to high X-block/double diagonal downward slashes. Remain in right forward stance and (open blade) double overhead high block/double inward diagonal downward crossing/double outward diagonal downward crossing slashes. Lift right foot to right front crane (reverse grip) and (closed blade) double bottom thrust/double upward cut/double crossing inward cut/double crossing outward cut back to forward stance (Keep cuts tight). Lift right foot to front crane stance (normal grip) and (open blade) double overhead high block/double inward crossing slash/double outward crossing slash to forward stance (Extend cuts wider). Right front kick to front crane stance (open blade) double overhead high block (double twirl kama)/double overhead strike/double pulling-in cut back to forward stance with (**1st kiai**). Pivot left to low right *fudo dachi* open stance and (open blade) crossing left high/right low block (tiger form).
5. Spin left 225° counter clockwise (toward direction 5) executing right inside crescent kick (optional roundhouse kick) to diagonal *shika dachi* sumo stance and (open blade) low double overhead strike with (**2nd kiai**), low double crossing inward cut/double crossing outward cut (Cutting the devil's head off) to left low/right high kamae position to diagonal right bow and arrow stance with (**3rd kiai**).
6. Lift right leg and (open blade) left high block/right low block to right side swan stance (back toward direction 2) facing center, look right 45°/hop down right and lift left leg, right high block/left low block to left side swan stance facing center, look left 45°.

Ending Salutation

Ready and Prepare stepping out left crossing kama overhead and down to sides. Circle back overhead crossing kama forming mind-body-spirit triangle in a Moon Salutation. Circle kama back down to sides in a Sun Salutation stepping in left to Attention and Bow. Ready and Prepare stepping out left crossing kama overhead and down to sides. Name the form.