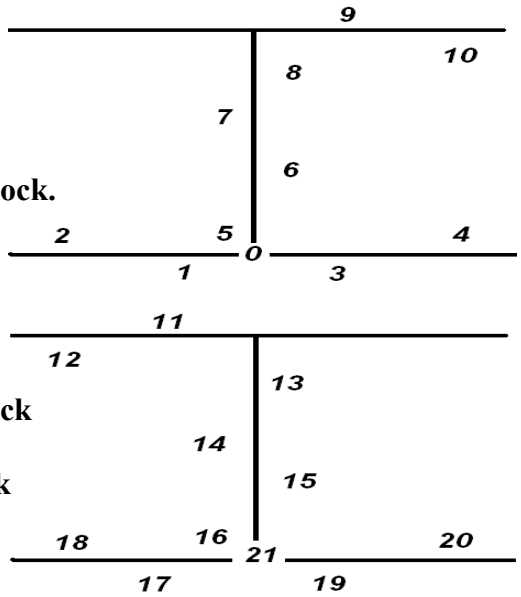
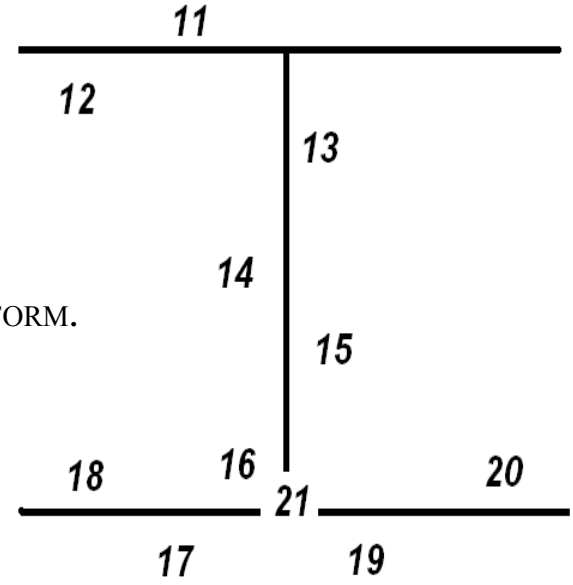
Kata A

Ready Stance

1. **Left Front Stance, Left Inside Block**
2. **Right Front Stance, Right Straight Punch**
3. **Cross Over Turn, Right Front Stance, Right Inside Block.**
4. **Left Front Stance, Left Straight Punch**
5. **Turn, Left Front Stance, Left Lower Block**
6. **Right Front Stance, Right Straight Punch**
7. **Left Front Stance, Left Straight Punch**
8. **Right Front Stance, Right Straight Punch, KIAI!!**
9. **Cross Over Turn, Left Front Stance, Left Outside Block**
10. **Right Front Stance, Right Straight Punch**
11. **Cross Over Turn, Right Front Stance, Right Outside Block**
12. **Left Front Stance, Left Straight Punch**
13. **Turn, Left Front Stance, Left Lower Block**
14. **Right Front Stance, Right Upper Block**
15. **Left Front Stance, Left Upper Block,**
16. **Right Front Stance, Right Straight Punch, KIAI!!!**
17. **Cross Over Turn, Left Front Stance, Left Lower Block**
18. **Right Front Stance, Right Straight Punch**
19. **Turn, Right Front Stance, Right Lower Block**
20. **Left Front Stance, Left Straight Punch**

Ready Stance





NOTE: Your front foot is placed accordingly with the numbers in FORM.

Black Belt Council

Tri-State Free Style Martial Arts

Click for Kata-A Video