

Universal Kata

Jim Squire

1. Attention, salute, "Universal Kata", look R,C,L.
2. Turn to face W, L fighting stance, **Kiah!**
3. L backfist, R reverse punch, R front kick (**Kiah!**) with follow-on R step. Make that step to the L of centerline.
4. Look behind (E). Pivot on balls of feet rearwards to L fighting stance (E).
5. L backfist, R reverse punch, R front kick (**Kiah!**) with follow-on R step
6. Look L (N). Move R foot back to L fighting stance (N).
7. Slide R foot up to feet together, L flip kick, L backfist, R reverse punch, R roundhouse kick and land in deep horse stance facing W.
8. Cross chop R hand. **Kiah!**
9. R foot back in C motion into L forward stance while raising L hand into high block and chambering R hand. Note: first cross hands in front with L hand on top.
10. L foot back in C motion into R forward stance while raising R hand into outside block and chambering L hand. Notes:
 - first cross hands in front with R on top.
 - outside block should not extend outside your R side of body.
 - fingers should be inwards, not outwards.
12. R foot back in C motion into L forward stance while dropping L hand into low block and chambering R hand.
13. R reverse punch, **Kiah!** Pause.
14. L reverse punch, R RP, **Kiah!**
15. Move R leg forward. Attention, salute, bow