

## Adult Kama Kata

### **Action Karate Kama Kata Bow**

1) Cross arms, left knee on floor – left strike forward. 2) Cross arms - both knees on floor, cross arms – sit on feet, downward strike to sides, weapons on thighs. 3) Cross arms, left knee on floor – right strike forward. 4) (As you stand up) (left leg), left knee up – right rising block and left downward strike 5) Left leg moves into horse stance as left arm comes in and circles clockwise around your head and strikes Opponent's throat 6) Left arm pulls back in as it circles around the front to strike throat again. 7) Cat stance (right) both arms chambered across your body. 8) right knee up – left rising block and right downward strike 9) Right leg moves into horse stance as right arm comes in and circles counter clockwise around head and strikes opponent's throat 10) Right arm pulls back in as it circles around the front to strike throat again 11) Left leg steps forward – bring both weapons in and slice across chest. 12) turn weapons out and slice again 13) turn weapons in and strike in to chest 14) Turn 180 degrees around – right downward strike. 15) right rising block 16) left punch strike 17) Turn 180 degrees back to front and slice up the body of opponent with outer blade on kama 18) Left downward block. 19) left rising block, 20) right punch strike 21) Right front kick. 22) right side kick – right side strike on angle towards floor. 23) pivot right - land on left knee – strike to front with left Kama 24) (As you stand) pivot to left, left block above head – right side strike 25) Right advancing front kick. 26) right downward block. 27) left punch strike 28) Right leg moves to right behind you as you pivot – right block above head – left side strike 29) Left advancing front kick. 30) left downward block. 31) right punch strike 32) Left leg moves back, Left strike cutting across angle from shoulder to hip. 33) right strike into shoulder 34) with right tension move from shoulder to hip on angle 35) Right advancing front kick. 36) Left leg dancer steps behind right – left strike down and to the right 37) Lean away – right downward strike 38) Pull into cat stance (left leg). 39) step left leg forward 40) step right leg forward 41) tornado kick 42) Drop on right knee left block above head strike upward to groin **Stand Bow Action Karate Rocks**