

# ACTION KARATE

## ADULT KATA MASS ATTACK



### Salutation

1. Stand at attention. Fist cover.
2. Step right foot forward, turn right foot 90 degrees right, **bring hands to right side, right hand fist left hand cover.**
3. Step left foot forward in cat stance, **bring both hands forward.**
4. Step left foot back, **as you bring both hands down, turn inside and over, then chamber.**
5. Right foot crescent kick to **right hand**, left foot crescent kick to left hand.

### Defense: Multiple Attackers

6. Face 12:00, **right hand chop to throat of RA** (attacker on right).
7. Pivot on left around to 6:00, **rake eyes of LA** (attacker on left) **with right, push back with left, face (9:00).**
8. Left leg steps back to 12:00, (facing 6:00) **right hand hammer fist nose of RA, left hand chambered.** Cat stance
9. Chicken kick (right leg first) **RA** at 4:30. Land facing 7:30.
10. Combination **inward/outward block.** (washing machine).
11. Step forward with right leg (to 4:30), **hammer fist right hand to RA, turn to 1:30, left hand downward chop to LA.**
12. **Simultaneous right inward block, right front kick LA** land right foot forward.
13. **Double chop down on back of neck RA at 1:30. Reach overhead, pull hair back and down, elbow then claw.**
14. Turn to face 7:30, **Chamber both hands.**
15. Kick **LA** (act like leg has been grabbed) Kick off **LA, as you land pivot on left foot. Land facing 4:30.**
16. **Left hand downward blocks at 3:00, right hand chambered.**

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17. **At 3:00, combination left hand block, right hand punch, right leg kick, land facing 10:30.**
18. **Double outward block facing 10:30.**
19. **Turn to 9:00 right hand back Knuckle to face (left hand under right elbow), push back with left hand, right hand hook punch.**
20. **Step right leg back to 3:00, (Lone Kimono) pin hand of LA with left, right arm up.**
21. **Left leg dancer step to 12:00, turning to 3:00 right arm sweep-off.**
22. **Right leg kick to 2:00, right hand chop to 5:00, right hand uppercut to 2:00.**
23. **Pivot on right, left foot steps back to 6:00 (turn to 9:00), right hand hammer fist, left hand chambered.**
24. **Right foot steps back to 3:00, double wrap around.**
25. **Right foot steps forward to 9:00, down on left knee, double wrap around- lock out. Back knuckles with both hands, unwind, grab attackers legs, stand up, right leg back even.**
26. **C-step left, C-step right, counter grab with right hand, dancer step with right foot behind left (to 6:00) as you execute a left side punch.**
27. **Left counter grab right knee up, right side kick, cross right leg in front of left, left knee up, left sidekick to LA knee. Land facing 12:00 with both hands chambered.**
28. **(Kung Fu Wrists) Counter grab RA with right hand, slide left foot up to right; execute a right foot front kick to 3:00. When bringing right foot down pivot 180 degrees on left foot facing 6:00 (bring right foot down to 9:00), do a right inward block.**
30. **Pivot on right leg, bringing left leg forward to 9:00, and face 12:00. Do a double half fist to throat or under arms of both attackers, right palm strike left (left behind back striking groin of RA), left palm strike right (right behind back striking groin of LA). Fist cover.**
30. **Bow out.**