

Kenpo Kata Short Two

Right leg step to 12:00, right hand inward sweeping block/chop left hand cover. Left leg step to 12:00, left hand inward sweeping block/chop right hand cover. Left step back to cat stance -chamber hands on right hip in cup and saucer. Simultaneous punch to left with right hand, block with left. Right leg-pull into cat stance-chamber hands on left hip in cup and saucer. Simultaneous punch to right with left hand, block with right. Slide left leg in a question mark pattern (?) face 6:00. Step left leg into a horse stance rake and tension rising block, (right hand over, left hand under). Pull right leg into cat stance chamber left. Step right leg into a horse stance rake with left rising block with right (tension, left hand over, right hand under). Left leg pulls into cat stance facing 6:00 Chamber right in cup and saucer. Left leg step to 4:30, left downward block right leg step forward on angle right hand palm thrust. Return right leg to cat stance chambered left to 6:00. Right leg step to 7:30, right downward block, left leg step forward on an angle left hand palm thrust. Turn 180 degrees face 1:30, Chicken kick and left arm punch. Reset to guard position. Turn to 10:30 chicken kick with right foot lead and right arm punch. Reset to guard position. Natural stance, bow out.

Kenpo Kata Long One

Step left foot back, Right hand inward block, left reverse punch. Bring right foot back into cat stance with left hand chambered and right hand inward block position. Step right foot back, left hand inward block, right reverse punch. Step right foot to 2:30 position, turn to 9:00, left hand outward block, right reverse punch. Step back left foot (3:00) with right hand outward block, left reverse punch. In combination, short right foot step from 9:00 to 8:00 reach right hand under left arm and grab, pull into a left elbow Right hand face rake, left hand rising block then reverse punch with right hand. Step left foot back (9:00), right hand rising block, left reverse punch. Short step left foot to 12:00, right hand downward block, left reverse punch. Step right foot to 12:00, left hand downward block, right reverse punch. Turn 90 degrees swing left leg around and face 12:00, horse stance, fist cover, bow out.

note make sure you shift on your feet when punching

you will always be stepping backward and moving in an "L" direction.

Kenpo Kata Short One

Step left foot back, right hand inward block. Step right foot back, left hand inward block. Step right foot to 2:30 position, turn to 9:00, left hand outward block. Step back left foot (3:00) with right hand outward block. Right foot step to 8:00 and turn 180 degrees, left hand rising block. Step left foot back to (9:00), right hand rising block. Short step left foot to 12:00, right hand downward block. Step right foot to 12:00, left hand downward block. Turn 90 degrees swing left leg around and face 12:00, horse stance, fist cover, bow out.

You will always be stepping backward on second block and moving in an "L" direction.