

ACTION KARATE

ADULT KATA SHORT THREE



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 even with right, **as you bring both hands down, turn inside and over, then chamber.**

Defense: Multiple Attackers

5. Step right foot forward to 12:00, **u-punch left high to face, right low to stomach.**
6. **Right hand parry, left hand outward ridge hand block, chop, grab, pivot right foot to 1:30, right hand punch to floating ribs.** (Similar to grasping talon)
7. Step right foot back even with left, **right descending back knuckle. Chamber both sides.**
8. Lift right foot knee to groin point toes, **rake eyes (piano fingers),** then (similar to EAGLE PIN), stomp right foot to 3:00, **windmill arms around to drive elbows into back of hands around your stomach, left elbow to stomach, left hammer fist/grab to groin, left C-step around their right leg, left elbow to chin, right hammer fist to chest dumping them over your left leg to the floor.**
9. Right leg pulls in Cat stance, **cup and saucer left side, turn right, execute a simultaneous right hand outward block, left hand punch.**
10. Bring left even with right, face 3:00. **Cup and saucer on left, right elbow clears hands off from your throat, left hand finger poke to eyes.**
11. **Right elbow to chin, right back knuckle to nose right hammer fist to groin.**
12. **Reach right hand toward 3:00**(your right wrist is now being grabbed), **pin with left hand, counter grab with right hand. left inward block** and left step to 6:00 face 9:00. (Chinese 'L Choke finish) **left elbow to temple, left elbow rake back, jump and left elbow strike to back (C7).**
13. (Attack from behind like eagle pin) **Double middle knuckle strike to hands around abdomen,** peeling off hands, right kick to left knee, followed by right kick to right knee, stomp down along right leg.

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14. (You are being choked from the front) Step forward right (9:00), **double crane down on arms to form an X at your own wrists middle knuckle punch, back knuckle punch, darts to eyes.**
15. Step to 10:30 turn facing 1:30 **double hammerfist (headlocks A), take right hand and pull hair back, left hand palm strike.**
16. Dancer step, left behind right to 4:30, **left elbow, left claw to face, left wrap around.** Dancer step right back, as you turn, you will bring opponent around clockwise, right knee stepping forward, **slap knee with both hands** land right knee toward 10:30
17. Left foot steps towards 11:00, **right arm traces a figure "8" in the air and ends with elbow slam to left palm,** left knee strike to 4:00 **slap knee with both hands**
18. **Both arms behind back . Pinch, pinch to groin** left foot stomp **right arm groin rake elbow the face** at same time right scoop kick groin, step right to 12:00 dancer step to 12:00 with **left Italian salute.**
19. **Right hand inward block** at the same time right front kick land forward 12:00 **circle right elbow down elbow up claw down.**
20. Step back right leg, **left hand reverse crane hand to temple, right hand pinning**
21. **Left hand grabs hair pulls back, right half fist .**
bow out