



Universal Sword Kata

Action Karate Sword Kata Bow

- 1) Sheath sword on left side of body.
- 2) Place right hand on right hip.
- 3) Drop down onto both knees, sitting on heels.
- 4) Keep left knee on floor, right knee up.
- 5) Circle right hand to grab sword handle.
- 6) Strike out (right hand only on sword) and up to right.
- 7) Circle sword in front of you, grabbing it with both hands and strike directly in front of you.
- 8) Switch knees and rotate 180 degrees (turning toward your left, sword still in front of you).
- 9) Raise sword above your head with both hands and strike down in front of you.
- 10) Switch knees and rotate 180 degrees, going back the way you came (to your right).
- 11) Flick blood off your sword with right hand, to the right.
- 12) Lay the sword blade on your open left palm.
- 13) Sheath the sword on your left side.
- 14) Place right hand on right hip.
- 15) Sit back on both heels.
- 16) Stand up, feet together.
- 17) Step back one step (left foot first then right).
- 18) Right hand circles to grab sword handle.
- 19) Unsheath sword and hold out on right side.
- 20) Grab sword with both hands, circling around to strike out to left as right foot steps forward.
- 21) Raise sword above head with right hand (tip of sword is pointed to the left).
- 22) Raise left palm above head for sword to rest on.
- 23) Push sword forward and down with left palm.
- 24) Thrust sword forward with both hands as you step forward with left.
- 25) Step back with left foot.
- 26) Flick sword to right side.
- 27) Lay sword across left palm.
- 28) Resheath sword.
- 29) Right hand on right hip

Bow ACTION KARATE ROCKS