

Kama Kata

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- Face N, ready position by moving kamas in X in front of body so hands are down, kama tips are forward, "Kama Kata", look R,C,L

Low blocks W, E, N

- "Low block, punch": Low block L (**W**) with L hand (kama point moves in direction of motion) and pivot into front stance. Punch straight ahead with R.
- "Step over": Low block with R hand behind (**E**) by stepping R leg behind and pivot 180° to face E in front stance. Punch with L.
- "Pivot, punch": Pivot (don't translate) feet L to face N in front stance and side chop with L hand, punch with R.

Roundhouse to balancing poses

- Hands together at waist, kamas facing forwards at belt. Roundhouse with R foot and pivot 180° to face S
- Sweep L foot around and cross chop with L kama sideways in horizontal plane. Straight punch with R.
- Balance on L foot with R foot behind L knee. L kama blocks high, over head pointing up, R kama rolls around to low block pointing down on R side pointing R. Hold for a second.
- Move R foot to R and stand on it. L foot crosses behind it and rests on toes. Both kamas roll to right: R hand rotates in circle and ends up with kama on R side facing downwards as if jabbing down. L kama moves from over head to pointing straight ahead at hip.

Fast 4 jabs up, right, down, left

- Take a step with L foot to face **W** in L forward stance, L kama at hip moves across body to rest at R shoulder while while R kama circles to jab upwards in opponent's groin in vertical plane.
- Pivot feet to R forward stance while using L kama at R shoulder to cross chop. Keep it in horizontal plane.
- Pivot feet to L forwards stance while using R kama to straight punch in vertical plane.
- Pivot feet to R forward stance using L kama to hook opponent in side (in horizontal plane).
- Slowly pull him in (in contrast to speed of fast jabs) and L sidekick

Knifehand blocks

- Now facing N with feet together. Block by hugging self with L hand higher then retreat by moving R leg backwards into L back stance. L kama points forwards with handle vertical and blade at lip height. R kama same vertical orientation at belt knot. Pause.
- Block by hugging self with R hand higher, then retreat by moving L leg backwards into R back stance. R kama points forwards with handle vertical and blade at lip height, L kama at belt knot. Pause.

Tornadoes

- Move R foot to feet together, kamas at belt, facing **W** but rotating counterclockwise (left). Shift weight to R foot by the time rotated **S** and bring up L knee. By time face is **N** and feet are **E** bring up R foot in high reverse crescent. Keep twisting around, shift weight back to R foot, bring up L knee, and do it again. Keep twisting around, and end in left forward stance. L cross chop, R punch. **Kiah**

Pose

- Kamas to chest, R roundhouse and keep turning to spinning L hook, all to **N**. Keep spinning so body facing **W**, face looking **N**, push out right foot and strike pose with R kama vertical pointing forward, L kama over head pointing up.
- L foot step around R to face **S** in R knife hand back stance.

Spinning jumping reverse crescent kick

- Continuing in same direction as you just rotated (ie clockwise, R), scootch 180° to face **N** bent over slightly, then spin around to face **S** while feet stay more or less together (like you'll crumple over). When your torso is facing forward, let the R foot fly out in reverse crescent kick.

- Land L forward stance facing **S** with kamas crossed directly over head. **Kiah**. Pause.

Cross chops all around

- R front kick facing **S** and bring kamas down to belt as you go, land feet together.
- L foot 270° turn facing **W** into L forward stance, L crosschop, R punch.
- R foot turn to **E** into R forward stance, R crosschop, L punch
- Pivot to face **N** in L forward stance, L crosschop, R punch, **Kiah**.

Finish

- R foot forward into ready position, L in to feet together, bow.