

## Chase Kata

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Notes on sets:

- Make stance deep and perfectly planted.
  - Hit L hip deep so strings hit (prevents bruises)
  - Hit arm bicep with upper arm straight out and parallel to floor
  - Flick chucks around on first hip; it is the first hit.
  - Unused hand in knife position at chest, fingers straight and just shy of perpendicular to floor
1. Attention, bow with nunchucks in right hand.
  2. Step out while circling nunchucks clockwise twice, catch. At moment of catch, say
  3. "Chase", look R/C/L. Keep gaze L (W)
  4. Step left, forward stance, full set. Look right behind; take him out.
  5. Step back so feet together and knees bent, over the shoulder catch. Keep head level into next horse stance facing N
  6. Step out right into horse stance, butt-jab nunchucks towards right so L hand on belt knot, "**Kiah**"
  7. Step L forward stance facing E, full set. Look left (N); take him out.
  8. Chop to the left (forward position), pull into a cat-stance with knee pointing directly head and feet in T, ready to L front kick, full set and as soon as start full set, withdraw hand back to knife position.
  9. Step forward R foot, hip, hip
  10. Step forward L, nunchucks over shoulder
  11. Step forward R, drop to L knee, full set, jab catch
  12. Cross chop to the right (E) with chucks against wrist (protecting it), "**Kiah**"
  13. Full set to NE corner, jab catch
  14. Turn to L (W), dropping onto all fours
  15. Draw R leg up to chest, then R leg side (not back) kick, "**Kiah**"
  16. Bring R knee up to kneeling position, full set facing W
  17. Turn at waist 90° to the right (N), spin nunchucks over the head, half set, jab catch
  18. Stand up facing W, feet together, standing tall, L arm high block with palm open, chucks in chamber
  19. move L leg forward into L forward stance facing S, R forward punch with chucks against wrist into solar plexus, "**Kiah**"
  20. Full set facing S
  21. Drop nunchucks to R hip and before it touches, R leg steps forward into feet together, L leg comes around (turn L), nunchucks spin over the head
  22. L forward stance (S), full set
  23. Right front kick, "**Kiah**", feet together (still S)
  24. Drop nunchucks to side, then spin them over the head, ½ turn L (N) into horse stance, full set. Bounce it off underarm at end to finish in underarm catch.
  25. Grab chucks with L and do full set (L hip, L shoulder, figure 8, under arm), jab catch
  26. L foot moves to feet together, high block holding nunchucks to protect forearm
  27. L foot moves forward to L forward stance and forward punch right, "**Kiah**"
  28. R foot moves forward to feet together and bow