

## **Standard Universal Kata**

**(Start from ready Position)**

- 1. Fighting stance with right leg back loud ki-up**
- 2. Throw left hand back fist (front hand)**
- 3. Right hand reverse punch**
- 4. Right back leg round house, place in front**
- 5. Slide up front leg (right leg) side kick**
- 6. Throw right hand (front hand) back fist**
- 7. Kneel down on left knee, throwing left hand reverse punch**
- 8. Take both hand and make a triangle behind back, over left side, throwing a front leg side kick from kneeling stance.**
- 9. Throw left handed reverse chop.**
- 10. Right hand knife hand middle block**
- 11. Throw a left handed reverse punch and ki-up.**
- 12. Circle back up to attention stance, sliding right leg backwards and bow**