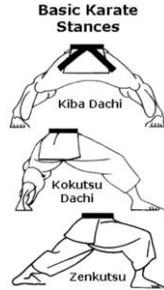




Chinese Kenpo Karate Alphablocks Kata

1 Presentation Stands: (Kiba Dachi)

Stands Chart is to the left Presentation should be
Presentation Stands 1



Horse Stands

in Horse Stands/back Straight



2 forward High blocks sets 2 times moving in Bow and Arrow Stands. →

3 Low block 1 time bow and Arrow stands (kia)→
for power on Move



Sound



4 Outside Blocks 2 times in bow & Arrow Stands. (Remember Chamber the Hand)→

5 Low Block 1 time Bow & Arrow Stands (KIA) Sound→



for power on Move



6 Inside Block Sets 2 times in Bow & Arrow Stands. →

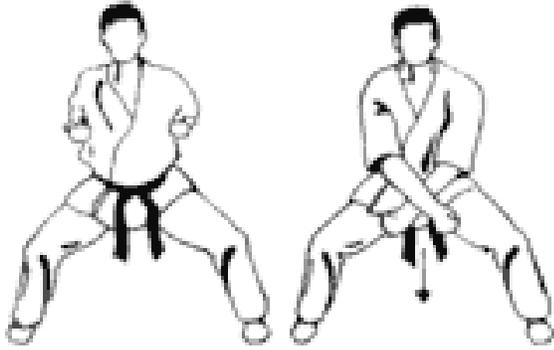
7 Turn around continue with Low Block Strike →

With power and (KIA) Sound





8 Cross Hand Low Block sets 2 times: This is movement is a blade Cross hand Movement not like the pic



Seikan Gedan Juji Uke [Closed Fist Lower Cross Block]



This is the Stands 1

9 Two Hand knee slap going in to the Shaolin Punch this movement should be down with Perfection.



Shaolin Punch (One Move)



10 Elbow Strike into Guard would be next move and last move would be LOW HAND PLAM BLOCK

Please practice your movements and your Form (Kata) it is a very important

Skill set for Improvement in your Art.

