



ACTION KARATE

Dedicated to your personal growth

442 Town Center
New Britain Pa 18901

Phone: 215-348-7110
Fax: 215-348-7264
Email: actionkarate@verizon.net

Bow as you enter the ring. Walk up to the judges and bow again. Then say, "Hello Judges. My name is..... Today I will do the ASAHI SHARK kata." Then start your kata.

ASAHI SHARK KATA

1. Put your right fist in the air in front of your face and say, "Action Kata"
2. Place your left hand over your right fist and say, "Asahi Sharks"
3. Drop into a horse stance (legs spread, knees bent, back straight) and say, "Horse Stance"
4. Raise both arms over your head and say, "UP"
5. Both arms come in and block in front of your face with fist pointed to the ceiling and elbows pointed to the ground. Say, "IN"
6. Both arms move away from your body, right arm on right side, left arm on left side and say, "OUT"
7. Both arms make an "X" across chest and say, "TOUCH"
8. Arms drop to side of body and say "DOWN"
9. Arms re-chamber at side and say "BACK"
10. Both hands palm down in front of body and say, "ASAHI"
11. Bring feet together (hands still chambered) and say "FEET TOGETHER"
12. Punch with a right hammerfist to right and say, "HAMMERFIST"
13. Punch with left hammerfist to left and say, "HAMMERFIST"
14. Right hand chops to right and say, "CHOP"
15. Left hand chops to left and say, "CHOP"
16. Right leg does front kick and say, "FRONT KICK"
17. Bow and say, "BOW"
18. Step into natural stance and say, "ACTION"