

Kumo E Dan

Kata Introduction: Bow in. Walk to table. Bow to Instructor(s). Ready stance. Say:

Hello! My name is _____. My instructor is Sensei McCrory, and with your permission I would like to perform Kumo E Dan.

Bow to Instructor(s). Take 3 big steps back. Bow.

Ready Stance

Say Kata Name

Look to Left

1. **(Point)** Left Knifehand Block, Right Fist at Chest, Minor Back Stance
2. **(Step)** Right High Punch, Front Stance
3. **(Turn)** Right Knifehand Block, Left Fist at Chest, Minor Back Stance
4. **(Step)** Left High Punch, Front Stance

5. **(Touch, Turn, Go)** Low Block, Front Stance
6. **(Step)** Reinforced Forearm, Front Stance
7. **(Step)** Reinforced Forearm, Front Stance
8. **(Step)** Right High Punch, Front Stance, Keop

9. **(Step Behind, Untwist)** Left Knifehand Block, Right Fist at Chest, Minor Back Stance
10. **(Step)** Right High Punch, Front Stance
11. **(Turn)** Right Knifehand Block, Left Fist at Chest, Minor Back Stance
12. **(Step)** Left High Punch, Front Stance

13. Pivot Left 90°, Low Block, Front Stance
14. **(Step)** Reinforced Forearm, Front Stance
15. **(Step)** Reinforced Forearm, Front Stance
16. **(Step)** Right High Punch, Front Stance, Keop

17. **(Step Behind, Untwist)** Left Knifehand Block, Right Fist at Chest, Minor Back Stance
18. **(Step)** Right High Punch, Front Stance
19. **(Turn)** Right Knifehand Block, Left Fist at Chest, Minor Back Stance
20. **(Step)** Left High Punch, Front Stance

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