

Kumo Sah 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 Sah 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. Left Knifehand Strike, Right Fist at Waist, Back Stance
3. Right Back Leg Side Kick, Put Foot Down in Front, Right Knifehand Strike, Left Fist at Waist, Back Stance
4. **(Turn)** Right Knifehand Block, Left Fist at Chest, Minor Back Stance
5. Right Knifehand Strike, Left Fist at Waist, Back Stance
6. Left Back Leg Side Kick, Put Foot Down in Front, Left Knifehand Strike, Right Fist at Waist, Back Stance

7. **(Touch, Turn, Go)** Low X-Block, Front Stance
8. High X-Knifehand Block
9. Grab and Pull with Right Hand, Spearhand with Left
10. Right Front Snap Kick, Put Foot Down in Front
 - a. Left Back Leg Side Kick, Put Foot Down in Front
 - b. Right Spinning Back Kick, Put Foot Down in Front
 - c. Right Knifehand Block, Left Fist at Chest, Minor Back Stance, Keop

11. **(Step Behind, Untwist)** Left Knifehand Block, Right Fist at Chest, Minor Back Stance
12. Left Knifehand Strike, Right Fist at Waist, Back Stance
13. Right Back Leg Side Kick, Put Foot Down in Front, Right Knifehand Strike, Left Fist at Waist, Back Stance
14. **(Turn)** Right Knifehand Block, Left Fist at Chest, Minor Back Stance
15. Right Knifehand Strike, Left Fist at Waist, Back Stance
16. Left Back Leg Side Kick, Put Foot Down in Front, Left Knifehand Strike, Right Fist at Waist, Back Stance

17. **(Touch, Turn, Go)** Low X-Block, Front Stance
18. High X-Knifehand Block
19. Grab and Pull with Right Hand, Spearhand with Left
20. Right Front Snap Kick, Put Foot Down in Front
 - a. Left Back Leg Side Kick, Put Foot Down in Front
 - b. Right Spinning Back Kick, Put Foot Down in Front
 - c. Right Knifehand Block, Left Fist at Chest, Minor Back Stance, Keop

21. **(Step Behind, Untwist)** Left Knifehand Block, Right Fist at Chest, Minor Back Stance
22. Left Knifehand Strike, Right Fist at Waist, Back Stance
23. Right Back Leg Side Kick, Put Foot Down in Front, Right Knifehand Strike, Left Fist at Waist, Back Stance
24. **(Turn)** Right Knifehand Block, Left Fist at Chest, Minor Back Stance
25. Right Knifehand Strike, Left Fist at Waist, Back Stance
26. Left Back Leg Side Kick, Put Foot Down in Front, Left Knifehand Strike, Right Fist at Waist, Back Stance

