

ABO - Nim

High Orange
Third kata

Opening:

- 1) Left (single) hand knife hand strike to left in back stance.
- 2) Step forward into right front stance, right hand high punch.
- 3) Clock wise turn 180 degrees (clock wise) into back stance single knife hand strike with right hand.
- 4) Step forward into left front stance high punch with left hand.
- 5) 90° counter clockwise turn into front stance down block with the left hand.
- 6) Step forward (right foot steps behind) side kick with left foot step down in double knife hands.
- 7) Step forward (right foot steps behind) side kick with left foot step down in double knife hands.
- 8) Step forward (right foot steps behind) side kick with left foot step down in double knife hands.
- 9) 270° turn (clockwise) [pivot around front foot] into back stance back fist strike with right hand.
- 10) Left foot spin sidekick (turn counter clockwise) step down in double knife hands.
- 11) 180 degree counter clockwise turn into back stance back fist

strike with left hand.

12) Spin side kick with right foot (turn counter clock wise) step down in double knife hands.

13) 90° counter clock wise turn (pull right foot to center line then step forward with right foot) into back stance double knife hand block.

14) Step over roundhouse kick with right foot. (Left foot steps in front) Step down into right back stance double knife hands.

15) Step forward round house kick with right foot. (Left foot steps in front) Step down into right back stance. Double knife hands.

16) Step forward round house kick with right foot. (left foot steps in front) Step down into right back stance. Double knife hands.

17) 270° turn (counter clock wise) into left foot front stance side fist strike with left hand.

18) Hold foot position mid section punch with right hand.

19) 180° (clockwise) step turn [clock wise] into right foot front stance side fist strike with right hand.

20) Hold foot position mid section punch with left hand.

21) Jhoon be [draw right foot to center].

This kata has SIGNIFICANT leverage and pressure point meanings not explained above.