

QUAN LI K'AN DO SAN

Low Green Belt Kata

From Jhoon Bi

- 1) Left turn into front stance side hand strike with left hand. Reverse punch (with right hand)
- 2) Move left foot to right 45 degrees stomp, then pivot turn (turning rest of 180 degrees) into front stance - side hand strike with right hand. Reverse punch (with left hand).
- 3) Step forward and then down with Right foot. Step forward to bring feet together. Left turn into back stance, double knife hand block.
- 4) Quan so, with right hand (left hand under right elbow).
- 5) 360 degree turn (counter clockwise) Back knuckle strike with left hand – in front stance [weight in on front foot 80%].
- 6) Step forward into front stance back knuckle strike with right hand
- 7) 270 degree turn (from left to right) into front stance side hand strike with left hand. Reverse punch (with right hand)
- 8) Move left foot to right, pivot turn (turning 180 degrees) into front stance - side hand strike with right hand. Reverse punch (with left hand).
- 9) Both arms come up across chest in capture. Pick left foot up-

bring up to right foot (do NOT set it down) step into 135 degree turn to left both hands extended into front stance (left foot forward) double fist strike to chin (arms slightly bowed outward at elbows) fists approx 1 - 2 inches (1 fist width) apart

10) Front kick with back foot (right) - double punch (right fist then left) as step down.

11) Both arms come up across chest in capture. Pick right foot up-bring back to left foot (do NOT set it down) step into 135 degree turn to right both hands extended into front stance (left foot forward) double fist strike to chin (arms slightly bowed outward at elbows) fists approx 1 - 2 inches (1 fist width) apart.

12) Front kick with back foot (left) - double punch (left fist then right) as step down.

13) Pull left foot back to center. Turn 45 degrees to the left. Step out into front stance with left foot. High rising block with left hand.

14) Step forward into front stance (with right foot) high rising block with right hand.

15) 270 degree turn (from left to right) into horse rider stance. knife hand strike with left hand (shoulder level).

16) In horse rider stance (so as to keep shoulders on a level) Pull left hand in and draw left foot to center step into Step to right in horse stance right hand in knife hand strike.

17) Closing