











Cross kata – downblock - Summary

 Yoi (Start)	 Turn into downblock	 Step-punch	 Turn into downblock	 Step-punch
 Turn into downblock	 Step-punch	 Turn into downblock	 Step-punch & <i>kiai</i>	 Yoi (Finish)

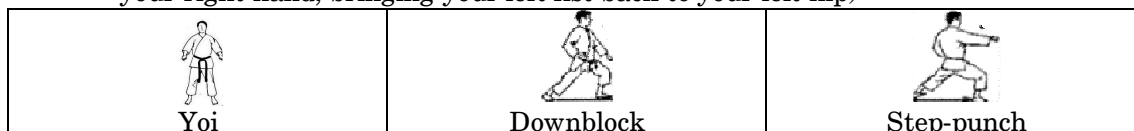


Cross kata - downblock

Simplified description of how to do the kata using only English names for the techniques (other than “Yoi”)

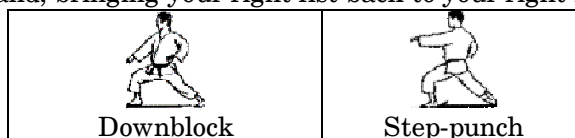
Combination 1

- **Yoi**
- **Look left**
- **Step forward** (not left) **with right leg** (prepare to do downblock with your left hand – put your left hand on your right shoulder by you right ear)
- **Turn 90 degrees left** (without stepping) **into fighting stance** (left leg forward)
- Sweep your left hand down into **downblock** whilst bring your right fist back to your right hip
- Then **step-punch** (step through with right leg into fighting stance and punch with your right hand, bringing your left fist back to your left hip)



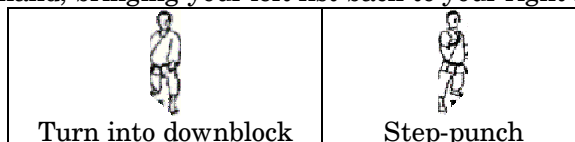
Combination 2

- **Pause** then **look behind** over your right shoulder.
- Without moving your left foot (allow it to swivel on the spot) **step with your right foot and turn all the way round** (180 degrees towards your right / clockwise) into **fighting stance** doing a **downblock with your right hand** (remember to bring your left fist back to your hip)
- Then **step-punch** (step through with left leg into fighting stance and punch with your left hand, bringing your right fist back to your right hip)



Combination 3

- **Pause** then **look left**
- Without moving your right foot (allow it to swivel on the spot) **step with your left foot a quarter turn to your left into fighting stance** doing a **downblock with your left hand** (remember to bring your right fist back to your hip)
- Then **step-punch** (step through with right leg into fighting stance and punch with your right hand, bringing your left fist back to your right hip)



Combination 4

- **Pause** then **look behind** over your right shoulder
- Without moving your left foot (allow it to swivel on the spot) **step with your right foot and turn all the way round** (180 degrees towards your right / clockwise) **into fighting stance** doing a **downblock with your right hand** (remember to bring your left fist back to your hip)
- Then **step-punch** (step through with left leg into fighting stance and punch with your left hand, bringing your right fist back to your right hip) with **Kiai**
- Pause then step up with your right leg and place it slightly to the right of your left leg
- Cross your left leg behind your right leg turn all the way round (180 degrees to your left / anti-clockwise) into Yoi – End of kata

