

Prince Martial Arts Academy



Universal Three (also called Kicking Kata)

Guard Stance	Left foot lead, both fists up
Chop	Left hand chop *Fingers together, bring hand back to left hip
Reverse Punch	Right hand cross punch *Bring hand back to protect face
Knife Hand	Left hand slow chop (pinky down) *Keep knife hand out
Crescent Kick	Right foot inside crescent kick (striking knife hand) Right foot lands in front
Chop	Right hand chop
Reverse Punch	Left hand cross punch
Knife Hand	Right hand slow chop (pinky down)
Crescent kick	Left foot inside crescent kick (striking knife hand) Left foot lands in front
Down Strike	Left hand down strike in a good front stance
Reverse Punch	Right hand reverse punch
Set	Bring right foot up to left foot, both feet together Right hand closed fist over left hand fist on left hip

<p>Set A Goal</p>	<p>Right ridge hand outward (to the right)</p>
<p>Achieve It!</p>	<p>Side kick right foot at the height of goal with “Kia!” *Bring right hand back to left hip as you kick</p>
<p>Set</p>	<p>Bring left foot to right, both feet together Left hand closed fist over right hand fist on right hip</p>
<p>Set A Goal</p>	<p>Left ridge hand outward (to the left)</p>
<p>Achieve It!</p>	<p>Side kick left foot at the height of goal with “Kia!”</p>
<p>Horse Stance</p>	<p>Bring left leg out into a horse stance.</p>
<p>Star Block Sets (from Horse Stance) with “Kia!”</p>	<ul style="list-style-type: none"> • LEFT HAND: *right hand fist palm up at hip <ul style="list-style-type: none"> ○ UP – high strike ○ IN – inside strike ○ OUT – outside strike ○ TOUCH – set hand across chest ○ DOWN – down strike ○ BACK – hand back at hip, fist palm up ○ PUNCH – straight ahead • RIGHT HAND: *left hand fist palm up at hip <ul style="list-style-type: none"> ○ UP ○ IN ○ OUT ○ TOUCH ○ DOWN ○ BACK ○ STRAIGHT PUNCH • BOTH HANDS: <ul style="list-style-type: none"> ○ UP ○ IN ○ OUT ○ TOUCH – hands cross on chest ○ DOWN ○ BACK ○ PUNCH DOWN (instead of push down)
<p>Victory, Humility & Bow</p>	<p>Step out of horse stance with left leg Both hands up, fingers tight, feet apart Both hands down, left foot brings feet together Bow snapping hands to legs with eyes up</p>