

## PLURAL KATA: Plural or Single

1. A) Rt. Front Snap Punch to Nose **(KIA)**  
B) Lft. High Block
2. B) Lft. Hammer Strike to solar Plexus
3. A) Rt. Low Block, Rt. FS Backfist to Cheek
4. B) Lft. high outward block (pull head back) hammer strike to cheek **(KIA)**
5. A) Lft. cross over face block, Rt. Punch to solar Plexus **(KIA)**
6. A) Step w/ Rt. Foot to Lft side, Rt. FS Backfist to cheek.
7. B) Rt. punch to Rt Kidney **(KIA)**  
A) Rt. palm hand block
8. B) Lft. punch to Rt. Kidney **(KIA)**  
A) Lft palm hand block while stepping back even
9. A) Rt. palm hand to nose **(KIA)**
10. A) Rt. F Hack to throat.  
B) Lft. vertical hold block
11. A) Rt. butterfly kick to Lft. Knee & step outside & Lft. Leg sweep with Lft. hand to throat, follow through & then re-position yourself.
12. A) Rt. punch to Rt. cheek w/ Rt. Knife Kick to Rt. Knee at same time, then followed by Lft. punch to nose & place Rt. leg between opponents legs immediately following w/ Rt. FS elbow to Lft. jawbone & then step back even **(PROLONGED KIA)**

**NOTE: As with other Katas with duel roles, when done singularly you should do one technique for each role and then re-position yourself for the next role & technique. Do not try to do both techniques, role (A) & (B) simultaneously.**