

JR. STAFF KATA

Place staff behind Rt. Arm -staff 1" off floor / **BOW**

1. Bring Staff to front in horizontal position with arms extended, palms down holding staff at thirds.
2. Horizontal Chest Block –**KIA**
3. Rotate staff counter clockwise 90 degrees with right hand on top -Vertical Block (right palm facing left and left palm facing right)
4. Strike Opponents Left Collarbone/staff under Left arm
5. Turn staff overhead striking opponents Right Collarbone/staff under Right Arm- **KIA**
6. Plant Left Foot and Turn Right 90 degrees with horizontal block at groin level- **KIA**
7. Horizontal Chest Block
8. Rotate staff counter clockwise 90 degrees with right hand on top- Vertical Block (right palm facing left and left palm facing right)
9. Strike opponents Left collarbone/staff under Left arm
10. Turn staff overhead striking opponents Right Collarbone/ staff under Right Arm –**KIA**
11. Plant Left Foot and Turn Right 90 degrees with horizontal block at groin level – **KIA**
12. Horizontal Chest Block
13. Rotate staff counter clockwise 90 degrees with right hand on top- Vertical Block (right palm facing left and left palm facing right)
14. Strike opponents Left collarbone/staff under Left arm
15. Turn staff overhead striking opponents Right Collarbone/ staff under Right Arm –**KIA**
16. Plant Left Foot and Turn Right 90 degrees with horizontal block at groin level - **KIA**
17. Horizontal Chest Block
18. Rotate staff counter clockwise 90 degrees with right hand on top- Vertical Block (right palm facing left and left palm facing right)
19. Strike opponents Left collarbone/staff under Left arm
20. Turn staff overhead striking opponents Right Collarbone/ staff under Right Arm –**KIA**
21. Plant Left Foot and Turn Right 90 degrees with horizontal block at groin level – **KIA**
22. Pull left foot into straight of balance and spin staff over right side and behind Right Arm

BOW