

LIGHTNING

Description: Lightning, written in the early nineties by Kaisei Sensei Charles Buckner is considered a beginner to intermediate kata. It was at one time part of a 3 form set that included "Wind" (an internal kata) and "Fire" (an external kata) and in recent years became the 3rd form in the line which includes "Hajime", "Snake", "Tiger's Awakening" and the 6th Dan black belt form known as "Dragon's Coil". Lightning is a dynamic eclectic form that is intended to serve students well into the Dan ranks. Considered to be a non traditional "hard style" kata, Lightning has "soft style" or internal characteristics and incorporates unorthodox angles and a unique pattern.

1. **12:00** Bow, pay respect and present yourself
2. **12:00** Bow and bring both hands up to your chest with palms facing you (feet together) as you stretch your hands and arms into the air above your head. Turn your palms up making your fingers into dragon's claws and with your arms straight and slowly bring your hands down to your sides using isotension as if calling down lightning from the sky.
3. **Uke at 12:00:** Slide step with the right foot out and back into a right back stance, check one point with right hand and check head and upper body with left hand at 12:00
4. **12:00:** Right straight punch to filtrum, left straight punch to throat, drop down onto right knee as you throw a right straight punch to the solar plexus.
5. **New Uke at 4:30:** Hammer fist to the groin, ox jaw to the chin, reach up with your right hand to the right side of uki's jaw bone, hook under the jaw with your finger tips with your palm over the masseter muscle (the muscle that attaches the lower jaw to the cheek bone area of the scull). Wrap the index finger and thumb of your left hand around the base of uki's scull with your palm flat against the scull. Note: at the base of the scull is a lump on both sides that is called the external occipital protuberance. Throw the Uke head first over your right leg, while the Uke is in mid air crank the head down at a 45 degree angle and snap it back toward you with your right hand in one quick motion at the same angle using the uki's body weight to break the neck.
6. **New Uke at 7:30:** Stand and slide step facing 7:30 in a right back stance, check one point with right, check head and upper body with the left, 7:30 Right front thrust kick, set right foot down into a right fighting stance, downward check with the right hand, left straight chop to left side of uki's neck near the carotid artery, grab the uki's head with both hands wrapping fingers around the scull with palms against the ears (grab the hair or ears for a good grip) and pull the head face first into a knee smash with your left leg (secondary target for the knee smash is the solar plexus or groin), cross stomp with your left foot at a 45 degree angle to the uki's lead leg knee.
7. **New Uke at 4:30:** Throw a left side thrust kick at 4:30 to new uki's solar plexus and immediately drop into a counter clockwise leg sweep with your right foot, spin facing 10:30 and deliver a hook kick (or back kick) with the left foot to uki's head at 4:30. Spin on your right knee facing 4:30 and finish Uke with a straight punch (punch at the ground) to the throat and recover to a right back stance at 4:30, check knee block with your right foot and cross your hands in front of your chest, drop lunge and burst with a double palm heel strike to uki's chest letting out a Ki-ai at the moment of impact as you drop into a right long forward stance.

8. **New Uke at 12:00:** Slide step and face 12:00 checking the one point with your right and the head and upper body with the left, front thrust kick to the face with the right leg and set into a right fighting stance, left roundhouse kick to the right floating ribs, set the left foot in a left fighting stance, right side thrust kick to the solar plexus, into a left 180 hook kick, into a right jump spinning outside crescent kick and continuing around clockwise leg sweep with the right leg from the ground on your left side.
9. **3 New Uke at 10:30, 1:30 and 12:00:** From the ground, lie on your left side using your left elbow and forearm to prop you up, throw a right roundhouse to the forward leg knee of uke at 10:30, throw a right side thrust kick to the forward leg knee of the uke at 1:30, throw a right side thrust kick to the groin of the uke at 12:00 recover and spin counter clockwise on your right knee as you duck your head under a right roundhouse punch and double horizontal chop at 10:30 to uke's rib cage on the right side, recover to a left forward fighting stance, grab the back of uke's head and pull the head down into a right vertical elbow upwards to uke's face, place your right palm heel against uke's right shoulder blade and follow a straight line down to the right kidney near gall bladder 27 and drop your center as you strike it with the palm heel, into a check with the left hand and a right upper cut to the back or side of the head. Pivot (step with the right if necessary) to 7:30 and avoid a bear hug from the rear with both arms.
10. **New uke at 7:30:** From a left forward fighting stance throw a left front snap kick at 7:30 to uke's groin, without setting your foot down, throw a back thrust kick at 1:30 to uke's solar plexus, spin off the kick counter clockwise and face 1:30 in a left forward stance and reverse rake (palm up) to uke's eyes, as you turn counter clockwise into a left forward reverse cat stance, reverse grab (Bear Paw) the uke's groin, pull the groin up (do not let go of the groin, let it slip out of your grip naturally) check uke's hands with your left hand and roll a right back knuckle into uke's right eye.
11. **New Uke at 7:30:** Slide step into a right back stance and check one point with the right and check head and upper body with the left, parry with the left arm to avoid a right front thrust kick, spin clockwise all the way around again facing 7:30, mule kick with your right foot into uke's groin, stand the uke up with a right horizontal elbow strike to the sternum, spin counter clockwise and throw a left hook kick to finish off the uke.
12. **New Uke at 9:00:** Without setting your left foot down, roundhouse kick to the ribs, hook kick to the head (uke will fold after the roundhouse to ribs so this kick will be level with the kick before it), set in a T-Stance facing 9:00.
13. **New Uke at 12:00:** Right eye rake (palm down), cross behind your right foot with your left and throw a horizontal chop to the hallow as you set into a T-stance facing 3:00, step to the outside with your left into a left forward stance and snake uke in the eyes (index and middle finger hook the skull bone AKA inferior orbital margin just under the eyes and the thumb hooks under the jaw bone and tilt the head back as you throw a right roundhouse kick to a **second attacker** at 11:00, right side thrust kick to a **third attacker** at 2:00, right hook kick to the **first attacker** followed by a left jump spinning hook kick and set into a horse stance at 12:00.
14. **12:00:** Uke is laid out on the ground, snake the face with your left and the groin with your right simultaneously, keeping your grip pull both hands to the center of uke's body and slap your hands together, stand with feet together as you raise your hands up and end the kata the way you started it.
15. **12:00:** Formal bow and present yourself.