

Balisong Shodan Kata

Present yourself.

Start off in ready stance facing 12 with blade closed in right hand, with left hand over right as to conceal the weapon.

Squat to left while Parry Block with left hand to block basic punch. Hammer Fist to 2 with right hand to armpit of Uke. Right Roundhouse Kick to 2, at same time, open blade. Lunge forward to 2, straight stab.

Grab right wrist with left hand as to trap Uke's hand that just grabbed your right wrist. Slide back, at same time, roll right hand up and to the right to slice downward on Uke's forearm slowly. Drop both hands down to side, as to break the hold from Uke.

Bring both hands up to Uke's neck, right hand with blade on right side of Uke's neck, left hand on left side of Uke's neck, (your hands will be crossed with your right hand over your left). Slice Uke's neck with blade bringing both hands to your side and away from your body slightly.

Let one handle of blade fall, at same time, pivot to 10, throwing left Hook Block, closing blade, and throwing right Basic Punch. (All should be one motion)

Turn to 12. Right Front Thrust Kick, at same time, chamber blade upside-down close to chest and switch hands, then using reverse grip, open blade.

Left Outside Crescent kick, then without setting foot down, left Stomp to 9.

Squat to 9, at same time using your body weight, Right Chop to Uke's left kidney.

Pivot to 3, straight stab to just before Uke's kidney and Crescent Cut as you stand up.

Left Front Thrust to 2, lunge forward and throw Basic Punch to Uke's groin as you squat. As Uke's bends over, stand up and throw Right Downward Chop to Uke's neck as you set in a left Leaning Dragon stance.

Turn to 11 by stepping with right foot, set into a Half Cat stance, right Inverted Chop Block, left stab to Uke's temple. Right Roundhouse kick to Uke's knee, then without setting foot down, right Side Thrust kick to Uke's stomach.

Spin left all the way around and as you reach 12, left inverted slice to Uke's throat with blade, then right basic punch to Uke's nose.

*Step back with right foot and drop into Half Cat stance, right Inverted Chop Block, left stab to Uke's Jugular Vein, then drop to slice Uke's left thigh.

*(This is alternate to step above) Step back with right foot and drop into Half Cat stance, right Inverted Chop Block, then take left hand(with blade) over Uke's arm then under Uke's arm and stab blade in the space in between Collar Bone, force Uke to ground as you turn to face 6.

Set open blade on ground, left Basic Punch to Uke's left knee, right Basic Punch or elbow to Uke's right knee, reach up and grab Uke and pull down and back so you can grab blade. Stab Uke, right Back Kick to 12.

Left side Front Roll to 6, turn to 12, right Outside Crescent to 12. Step Over left Side Thrust kick, at same time, close blade.

Jumping Double Front Snap Kick – left to 10 and right to 2.

Pay respects.

End.