

SATORI KATA

White Tiger Name: Satori
(Awakening or Enlightenment)

Original Kara-Ho Kempo name: Kata Set 1

Kara-Ho Kempo name changed after Professor Chow's death to: Kwai Sun
(Precious and Heavenly Heart)

1. 12:00 Bow, Pay Respect and step out with your right foot and set into a Ready Stance
2. 12:00 Left Forward half Squat Stance, check head with right hand, pivot slightly to your right into left uppercut/inverted punch to ribs.
3. 12:00 Lean away to your right and straighten left leg
4. 12:00 Pivot back to your left into a long left forward stance, right inverted palm strike to the groin, right upward elbow to chin/face, check opponents head with your left hand and right downward back knuckle to bridge of the nose
5. 12:00 Right outside crescent kick to the head, as they spin to face away from you, grab their forehead with your left hand and pull it down on top of your right knee, Right chop to the throat at the front of your knee
6. 12:00 Cross behind your left foot with your right foot to a scissor stance, double palm strikes (left to the groin and right to the hollow)
7. 12:00 Step forward to a T-stance facing 9:00, right uppercut/inverted punch at 12:00 to the philtrum, right bear palm strike to the groin, cross behind the left with your right foot into a right side thrust kick to the body and set into a right forward fighting stance
8. 12:00 Double crossing ridge hand strikes to the radial nerves of a two handed grab, grab the ears with both hands, stab the eyes with your thumbs, left inside crescent kick to the head into a side thrust kick to the body and set into a right forward fighting stance facing 6:00
9. 6:00 Clear with a right ridge hand into a left palm strike to the sternum, drop to a full squat, check low with the left hand and crane strike upward with the right
10. 6:00 Left snap kick to the groin into a right chicken kick to the head, drop into a full squat, double palm strikes (right above left)
11. 6:00 Spin left (using your hands) and sweep and again your directed at 6:00, rake the downed opponent's eyes with your left, chop the throat with your right, stand and stomp the head with your right foot as you hop forward and drop into a full left forward cat stance

12. 6:00 Right punch to the knee, left upward chop to the throat and right palm strike to the groin and stand up into a long left forward stance facing 6:00
13. 9:00 Check your head with your left hand, throw a right back knuckle to the head at 9:00 as you lean away slightly, right roundhouse kick to the ribs, left inside crescent kick to the head, turn, right back kick to the groin, turn and face 9:00 into a right forward cat stance, Chi-No lock with the right wrist and left hand
14. Pull the Chi-No lock to your right chamber, left side thrust kick to the knee into a back kick to the high ribs (arm pit) set into a T-stance facing 12:00, double snakes (left hand rakes the eyes) at 9:00

END OF 1st HALF

15. Left inverted spear finger to face, left chop to ribs, cross behind left foot with the right foot to a scissor, grab the groin with your right and rip the groin as you turn and face 3:00 into a T-stance facing 6:00, double snake at 3:00, drop into a full cat stance using iso-tension
16. Rise up into a horse stance, horizontal elbow with the left to the head, grab and rip the groin with the left hand into an inverted/uppercut punch to the face
17. Step forward into a right forward fighting stance, double vertical chops to the face, left front kick to the groin and step forward, left eye rake (palm up and right to left), right palm down rake (right to left) to eyes into right chop to right side of throat
18. Step forward into a right forward fighting stance, left spear finger to the eye, right vertical downward chop to nose, left front thrust kick to groin and step forward with left foot, right outside crescent kick to the head, left side thrust kick to the hollow
19. Turn and face 6:00 into a right forward fighting stance, right palm heel strike and rip with the right and left hand check to your left hip, drop down to the left knee, right back kick at 3:00
20. Forward roll into double crane blocks, cross right wrist over left wrist into a tiger palm and rake down on the face, stand up to a right forward fighting stance, right horizontal chop to the ribs
21. Look over your right shoulder to 12:00, cross behind your right foot with the left foot, spin left into a T-stance, left upward elbow to the chin at 12:00, step to your left with your left to a long left forward stance, spear hand with the right to the face, right outside crescent kick to the head, into a T-stance at 12:00
22. Double uppercuts right and left, clear low with right into left palm heel to sternum, clear low with left into right palm heel to sternum, right iso-tension palm with right hand as you check with your left hand under the right elbow, left iso-tension palm with left hand as you check with your right hand under the left elbow
23. Slap thighs right and left, double upward ox jaws (right side and left side), grab around both attacker's heads, pull both heads together and down to your knees, step to the left with the

right foot, hands in a prayer position, bow your head, look left then right, pay respect and present yourself

24. Bow out