

Karate

Dylan
Richardson
Made up Kata

1. in to out block
2. round house kick
3. reverse hook kick
4. front kick
5. into out block
6. round house kick
7. reverse hook kick
8. front kick
9. set for side-sudo, down the middle
10. step to side kick
11. step to hook kick
12. step to side kick
13. sweep kick
14. reverse hook kick
15. back kick
16. chain block
17. Jump front kick
18. open hand low open hand High, down the middle
19. reverse open-hand high, open hand low
20. Middle blocks
21. turn grab the gie, on a 45°
22. front kick
23. dubble punch

karate

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for Black
Belt

24. Jump ex-block low
25. double forearm block
26. Supper-man
27. sweep-kick
28. back-fist
29. sweep-kick
30. back-fist
31. sweep-kick
32. back-fist
33. ex-block low, ex-block high, down the middle
34. side punch, one
35. side punch low-block, two
36. side punch low-block palm-heel strike-three
37. groin grab, turn in set
38. pull, once
39. pull, twice
40. front punch, scream

end