

Katas For Sandan

Advanced Staff

Advanced sword

Enter The Temple

Opening set

Parry and push, cover and counter grab

Palmheel and counter grab, covers

Counter grab, parries and push downs

Parries and crescent, cover and takedown

Ground attack and spinnout

Crossback with wrists, dragon drops

Cover moves

Sweep and twin dragons, double wrist

Parry and strike, twin dragons and drop

Lift kick and push down, spearhand blocks

Cover outs

Spin and dragon drop

Finish