public void DisplayKata1() {

1. Step Into A \_\_\_\_ Side Fighting Stance Facing Your Left, Say \_\_\_\_, And Do A \_\_\_\_\_\_\_ Punch.//Answers: left, kia, reverse

2. Step Into A \_\_\_\_ Side Fighting Stance Facing Your Right And Do A \_\_\_\_\_\_\_ Punch.///Answers: right, reverse

3. Step Into A \_\_\_\_ Side Fighting Stance Facing The Front And Do A \_\_\_\_\_\_\_ Punch.//Answers: left, reverse

4. Step Into A \_\_\_\_ Side Fighting Stance Facing The Back And Do A \_\_\_\_\_\_\_ Punch.//Answers: right, reverse

5. Say \_\_\_ After The Reverse Punch.//Answer: kia

6. Step Into A \_\_\_\_ Side Fighting Stance Facing Your Left, Do A \_\_\_\_\_ Kick, Then A \_\_\_\_\_\_\_ Punch.//Answers: left, front, reverse

7. Step Into A \_\_\_\_ Side Fighting Stance Facing Your Right, Do A \_\_\_\_\_ Kick, Then A \_\_\_\_\_\_\_ Punch.//Answers: right, front, reverse

8. Step Into A \_\_\_\_ Side Fighting Stance Facing The Back, Do A \_\_\_\_\_ Kick, Then A \_\_\_\_\_\_\_ Punch.//Answers: left, front, reverse

9. Step Into A \_\_\_\_ Side Fighting Stance Facing The Front, Do A \_\_\_\_\_\_\_\_ \_\_\_\_\_ Kick, Then A \_\_\_\_\_\_\_ Punch.//Answers: right, slide-up front, reverse

10. Step Into A \_\_\_\_ Side Fighting Stance Facing The Back, Do A \_\_\_\_\_\_\_\_ \_\_\_\_\_ Kick, Then A \_\_\_\_\_\_\_ Punch.//Answers: left, slide-up front, reverse

11. Step Into A \_\_\_\_ Side Fighting Stance Facing The Front And Say \_\_\_.//Answers: right, kia

}

public void DisplayKata2() {

1. Fold For A \_\_\_ Block, Step Into A \_\_\_\_ Side Forebalance Facing Your Left, Do A \_\_\_ Block, And Say \_\_\_.//Answers: low, left, low, kia

2. Point Forward With The Same Arm you Blocked With, Step Forward With The Back Foot, And Punch.

3. Fold For A \_\_\_ Block, Step Into A \_\_\_\_ Side Forebalance Facing Your Right, And Do A \_\_\_ Block.//Answers: low, right, low

4. Point Forward With The Same Arm you Blocked With, Step Forward With The Back Foot, And Punch.

5. Fold For A \_\_\_ Block, Step Into A \_\_\_\_ Side Forebalance Facing The Front, And Do A \_\_\_ Block.

6. Point Forward With The Same Arm you Blocked With, Step Forward With The Back Foot, And Punch.

7. Fold For A \_\_\_ Block, Step Into A \_\_\_\_ Side Forebalance Facing The Back, And Do A \_\_\_ Block.

8. Point Forward With The Same Arm you Blocked With, Step Forward With The Back Foot, Punch, Then Say \_\_\_.

9. Do A \_\_\_\_\_ Block Into A \_\_\_\_ Side Fighting Stance Facing Your Left, Point Forward, Step Forward Into A Forebalance, And Punch.

10. Do A \_\_\_\_\_ Block Into A \_\_\_\_ Side Fighting Stance Facing Your Right, Point Forward, Step Forward Into A Forebalance, And Punch.

11. Do A \_\_\_\_\_ Block Into A \_\_\_\_ Side Fighting Stance Facing The Back, Point Forward, Step Forward Into A Forebalance, And Punch.

12. Do A \_\_\_\_\_ Block Into A \_\_\_\_ Side Fighting Stance Facing The Front, Point Forward, Step Forward Into A Forebalance, And Punch.

13. Step Forward And Punch Again.

14. Step Backward And Punch.

15. Step Backward And Punch Again, Then Say \_\_\_.

}

public void DisplayKata3() {

1. \_\_\_\_\_\_ Block Into A \_\_\_\_ Side Fighting Stance Facing Your \_\_\_\_ And Say \_\_\_.

2. Point Forward, Step Forward Into A Forebalance, And Punch.

3. \_\_\_\_\_\_ Block Into A \_\_\_\_ Side Fighting Stance Facing Your \_\_\_\_.

4. Point Forward, Step Forward Into A Forebalance, And Punch.

5. \_\_\_\_\_\_ Block Into A \_\_\_\_ Side Forebalance Facing The Front.

6. Point Forward, Step Forward And Punch, Step Forward And Punch Again, Step Forward And Punch A Third Time, Then Say \_\_\_.

7. Fold For A \_\_\_ Block, Spin 27Degrees To Your Left, And Do A \_\_\_ Block.

8. Point And Chamber, Step Forward Into A \_\_\_\_\_ Side Forebalance, And Punch.

9. Do A \_\_\_ Block To The Other Side, Point And Chamber, Step Forward Into A \_\_\_\_\_ Side Forebalance, And Punch.

10. Do A \_\_\_ Block To The Back In A \_\_\_\_ Side Forebalance.

11. With The Same Hand You Did A Low Block With, Do A \_\_\_\_ Block.

12. Step Forward And Do A Second \_\_\_\_ Block.

13. Step Forward And Do A Third \_\_\_\_ Block.

14. Step Forward And Do A Fourth \_\_\_\_ Block.

15. Fold For A Chop, Spin 18Degrees To Your Left, And Chop In A \_\_\_\_\_ Stance.

16. Close Your Hand Into A Fist, Then Step Forward And Punch In A \_\_\_\_\_ Side Forebalance.

17. Fold For A Chop, Spin 9Degrees To Your Right, And Chop In A \_\_\_\_\_ Stance.

18. Close Your Hand Into A Fist, Then Step Forward And Punch In A \_\_\_\_ Side Forebalance.

19. Say \_\_\_.

}

public void DisplayKata4() {

1. Step Into A \_\_\_\_ Side Forebalance Facing Your Left, Do A \_\_\_\_\_\_ Block, And Say \_\_\_.

2. Punch In Place.

3. Rotate To The Other Side By Taking Steps Over And Do A \_\_\_\_\_\_ Block In A \_\_\_\_\_ Side Forebalance.

4. Punch In Place.

5. Do A \_\_\_\_\_\_ Block Towards The Front In A \_\_\_\_ Side Fighting Stance.

6. Step Forward And Spear In A \_\_\_\_\_ Side Forebalance.

7. Spin Around 36Degrees And End Up In A \_\_\_\_ Side Forebalance.

8. Backfist With The Left Hand, Step Forward, Backfist With The Right Hand, And Say \_\_\_.

9. Spin 27Degrees To Your Left And Do A \_\_\_\_\_\_ Block In A \_\_\_\_ Side Forebalance.

10. Punch In Place.

11. Rotate To The Other Side By Taking Steps Over And Do A \_\_\_\_\_\_ Block In A \_\_\_\_\_ Side Forebalance.

12. Punch In Place.

13. Step Into A \_\_\_\_ Side Forebalance At A 4Degree Angle Offset To The Left Relative To The Back And Do A \_\_\_\_\_ Block.

14. Bring The Right Hand Back, Do A Rear Leg Front Kick, And Set It Down In Front Of You.

15. Punch Twice In the Air.

16. Step Into A \_\_\_\_ Side Forebalance At A 4Degree Angle Offset To The Right Relative To The Back And Do A \_\_\_\_\_ Block.

17. Bring The Left Hand Back, Do A Rear Leg Front Kick, And Set It Down In Front Of You.

18. Punch Twice In the Air.

19. Do A \_\_\_ Block To The Back, Then Do A \_\_\_\_ Block With The Same Arm.

20. Step Forward And Do A \_\_\_\_ Block.

21. Fold For A Chop, Spin 180 Degrees Towards Your Left, And Chop.

22. Fold For Another Chop, Slide Your Feet Together, Slide To The Right, Chop, And Say \_\_\_.

}

public void DisplayKata5() {

1. Go into position for the kata.

2. Step into a \_\_\_\_ side fighting stance facing your left, do a \_\_\_ block, and say \_\_\_.

3. Chop with the top hand, and protect with the front hand simultaneously.

4. Chamber on the front hip and punch with the front hand.

5. Step into a \_\_\_\_\_ side fighting stance facing your right and do a \_\_\_ block.

6. Chop with the top hand, and protect with the front hand simultaneously.

7. Chamber on the front hip and punch with the front hand.

8. Do a come-around \_\_\_\_ kick to the front and land in a \_\_\_\_\_\_ block.

9. Step forward and do another \_\_\_\_\_\_ block.

10. Step forward once more and do a \_\_\_\_\_\_ block.

11. Step forward into a forebalance and spear, then say \_\_\_.

12. Fold for a \_\_\_ block, spin 27degrees towards your left, and thrust the block up.

13. Chop with the top hand, and protect with the front hand simultaneously.

14. Chamber on the front hip and punch with the front hand.

15. Step into a \_\_\_\_\_ side fighting stance facing your right and do a \_\_\_ block.

16. Chop with the top hand, and protect with the front hand simultaneously.

17. Chamber on the front hip and punch with the front hand.

18. Step into a \_\_\_\_ side forebalance facing the back and do a windmill \_\_\_\_\_ block.

19. Do a rear leg front kick and set it down in front of you.

20. Punch with the left arm, then do a \_\_\_\_\_ block with it.

21. Do another rear leg front kick and set it down in front of you.

22. Punch with the right arm.

23. Do a come-around \_\_\_\_ kick to the back.

24. Spin 90 degrees towards your left and land in a \_\_\_\_ side fighting stance facing your left.

25. Switch to a \_\_\_\_\_ side fighting stance facing your right and say \_\_\_.

26. Go back to position after waiting seconds.

}

public void DisplayKata6() {

1. Point with the \_\_\_\_\_ hand, step into a horse stance, punch \_\_\_\_, and say \_\_\_.

2. Slowly press with the left arm while the right arm goes back into chamber.

3. Punch twice, then slide to the right.

4. Slowly press with the right arm while the left arm goes back into chamber.

5. Punch twice.

6. Turn 45 degrees to the right and do a \_\_\_\_\_ block with the right hand.

7. Do a rear leg front kick, set it down in a forebalance, and punch twice.

8. Turn 90 degrees to the left and do a \_\_\_\_\_ block with the right hand.

9. Do a rear leg front kick, set it down in a forebalance, and punch twice.

10. Turn 45 degrees to the right with the front foot and face the front in a forebalance.

11. Press over both arms, slightly hovering your hand over your uniform.

12. Point with the right hand, punch with the left, then step forward.

13. Press over both arms, slightly hovering your hand over your uniform.

14. Point with the left hand, punch with the right, then step forward.

15. Punch again in place with the left hand and say \_\_\_.

16. Do a come-around \_\_\_\_ kick, and then do a headsmash.

17. Pseudo to the back, do a \_\_\_\_ kick, and then do a headsmash.

18. Do a \_\_\_\_\_\_\_\_\_ box block to the left in a fighting stance, then step forward and spear in a \_\_\_\_\_\_\_\_\_\_\_.

19. Do a \_\_\_\_\_\_\_\_\_ box block to the right in a fighting stance, then step forward and spear in

20. Do a \_\_\_\_\_\_ block to the back in a forebalance, then punch in place.

21. Step forward, do another \_\_\_\_\_\_ block, and punch in place.

22. Rear up for a jump backfist in a \_\_\_\_ side crane stance.

23. Jump forward and backfist with the left hand.

24. Turn to the front and fold for a \_\_\_\_\_\_\_\_ block.

25. Turn 13degrees to the right and do a \_\_\_\_\_\_\_\_ block.

26. Turn to the front and fold for a \_\_\_\_\_\_\_\_ block.

27. Turn 13degrees to the left and do a \_\_\_\_\_\_\_\_ block.

28. Say \_\_\_.

}

public void DisplayKata7() {

1. Go into position for the kata.

2. Do a palm strike to your left with the left hand in a left side \_\_\_ stance and say \_\_\_.

3. Do a \_\_\_\_\_ kick, step forward, and do another palm strike with the right hand.

4. With the same hand, turn 18degrees to the right and do a palm strike.

5. Do a \_\_\_\_\_ kick, step forward, and do another palm strike with the left hand.

6. \_\_\_\_\_\_ block into a left side fighting stance facing the front.

7. Reach with the front hand and step over into a left side forebalance.

8. Do a \_\_\_\_\_\_ elbow.

9. Step forward into a \_\_\_\_\_\_ block in a right side fighting stance.

10. Reach with the front hand and step over into a right side forebalance.

11. Do a \_\_\_\_\_\_ elbow.

12. Step forward and do a double punch, then step forward and do a double palm strike.

13. Say \_\_\_.

14. Fold for a cross block and turn 27degrees towards your left.

15. Do a cross block in a \_\_\_\_ side forebalance.

16. Shrink it to a \_\_\_\_ side fighting stance, then do a backfist.

17. Step out into a \_\_\_\_ side forebalance, wrap with the front arm, then do a \_\_\_\_\_\_\_ punch.

18. Do a backfist in a \_\_\_\_\_ side fighting stance facing the right.

19. Step out into a \_\_\_\_ side forebalance, wrap with the front arm, then do a \_\_\_\_\_\_\_ punch.

20. Fold for a Tsong-Su block.

21. Slide your feet together, step out into a \_\_\_\_ side forebalance, then do a \_\_\_\_\_\_\_\_ block.

22. Step up into a Yokh-Jeen block, then step into a horse stance and punch.

23. Do a come-around \_\_\_\_ kick, land in a Tsong-Su block.

24. Step up into a Yokh-Jeen block, then step into a horse stance and punch.

25. Do another come-around side kick and land in a \_\_\_\_\_\_ block.

26. Step out into a \_\_\_\_ side forebalance and press.

27. Step forward into a \_\_\_\_\_\_ block.

28. Step out into a \_\_\_\_ side forebalance and press.

29. Slide your feet together and turn 9degrees to your left.

30. Fold for a press with the left hand on bottom and the right hand on top.

31. Step out into a \_\_\_\_\_ side deep fighting stance and press towards the right.

32. Slide your feet together.

33. Fold for a press with the right hand on bottom and the left hand on top.

34. Step out into a \_\_\_\_ side deep fighting stance and press towards the left.

35. Say \_\_\_.

36. Wait seconds, and go back to the position for the kata.

}

public void DisplayKata8() {

1.. Go into position for the kata.

2. Step out towards your left, do a \_\_\_\_\_ block, and say \_\_\_.

3. Grab with the right hand and remove while sliding back into a \_\_\_\_ side fighting stance.

4. Step out towards your right and do a \_\_\_\_\_ block.

5. Grab with the left hand and remove while sliding back into a \_\_\_\_ side fighting stance.

6. Step towards the front in a \_\_\_\_ side forebalance and point with both hands.

7. Bring the right arm back.

8. Do a rear leg \_\_\_\_\_ kick and set it down in fron of you.

9. Punch twice.

10. Turn 90 degrees to your left, slide both feet together, and bring both hands into chamber.

11. Turn 90 degrees to your left, step out into a \_\_\_\_\_ stance, and do a double fist \_\_\_\_\_\_\_\_\_\_ block.

12. Turn 180 degrees to your right, remain in a \_\_\_\_\_ stance, and do a double fist \_\_\_\_\_\_\_\_\_\_ block.

13. Turn 180 degrees to your right, remain in a \_\_\_\_\_ stance, and do a double fist \_\_\_\_\_\_\_\_\_\_ block.

14. Turn 180 degrees to your left, remain in a \_\_\_\_\_ stance, and do a double fist \_\_\_\_\_\_\_\_\_\_ block.

15. Turn 180 degrees to your right, remain in a \_\_\_\_\_ stance, and do a double fist \_\_\_\_\_\_\_\_\_\_ block.

16. Turn 18degrees to your right, remain in a \_\_\_\_\_ stance, and do a double fist \_\_\_\_\_\_\_\_\_\_ block.

17. Do a low pseudo block in a \_\_\_\_ side fighting stance towards the front.

18. Do a headsmash with the back knee and set that leg down in front of you.

19. Do a \_\_\_\_\_\_ block towards the back in a \_\_\_\_ side fighting stance.

20. Do a \_\_\_\_\_ kick and leave your leg up.

21. Spear with the back hand, then spear with the front hand and set your leg down in a forebalance.

22. Do a \_\_\_\_\_\_ block towards the back in a \_\_\_\_\_ side fighting stance.

23. Do a \_\_\_\_\_ kick and leave your leg up.

24. Spear with the back hand, then spear with the front hand and set your leg down in a forebalance.

25. Grab and remove.

26. Jump forward, step behind your right foot, and do a low \_\_\_\_\_ block.

27. Fold for a \_\_\_\_\_\_\_\_ block and spin 22degrees to your left.

28. Land in a \_\_\_\_ side forebalance and do a \_\_\_\_\_\_\_\_ block.

29. Slide the front foot up to the back foot in a fighting stance and fold for a low \_\_\_\_\_\_.

30. Step back out into a forebalance and do a low \_\_\_\_\_\_.

31. Do a \_\_\_\_\_ block with the right hand.

32. Slide your feet together up to the front and fold for a low \_\_\_\_\_\_ block.

33. Turn 4degrees to your right and step into a \_\_\_\_\_ side forebalance.

34. Do a low \_\_\_\_\_\_ block.

35. Do a \_\_\_\_\_ block with the left hand.

36. Do a \_\_\_\_\_ block with the right hand.

37. Do a \_\_\_\_\_ block with the left hand.

38. Point to the front with the left hand.

39. Step forward into a \_\_\_\_\_ stance and punch.

40. Say \_\_\_.

41. Wait seconds, and go back to the position for the kata.

}

public void DisplayKata9() {

1. Go into position for the kata.

2. Step into a \_\_\_\_\_ stance, say \_\_\_, and press.

3. Punch twice.

4. Fold for a \_\_\_ block and do a \_\_\_ block to your right in a fighting stance.

5. Chop and protect.

6. Chamber on the front hip and punch.

7. Chop your knee.

8. Point forward, step forward, and punch in a \_\_\_\_ side forebalance.

9. Fold for a \_\_\_ block and do a \_\_\_ block towards the front in a \_\_\_\_ side forebalance.

10. Point forward, step forward, and punch.

11. Slide your feet together and do a \_\_\_\_ kick to the front.

12. Land in a \_\_\_\_\_\_.

13. Point forward, step forward, and punch.

14. Step forward and punch.

15. Do a cross block in a \_\_\_\_ side forebalance.

16. Shrink it to a \_\_\_\_ side fighting stance, then do a backfist.

17. Step out into a \_\_\_\_ side forebalance, wrap with the front arm, then do a \_\_\_\_\_\_\_ punch.

18. Do a backfist in a \_\_\_\_\_ side fighting stance facing the right.

19. Step out into a \_\_\_\_ side forebalance, wrap with the front arm, then do a \_\_\_\_\_\_\_ punch.

20. Fold for a Tsong-Su block.

21. Slide your feet together, step out into a \_\_\_\_ side forebalance, then do a \_\_\_\_\_\_\_\_ block.

22. Step up into a Yokh-Jeen block, then step into a horse stance and punch.

23. Do a come-around \_\_\_\_ kick, land in a Tsong-Su block.

24. Step up into a Yokh-Jeen block, then step into a horse stance and punch.

25. Do another come-around side kick and land in a \_\_\_\_\_\_ block.

26. Step out into a \_\_\_\_ side forebalance and press.

27. Step forward into a \_\_\_\_\_\_ block.

28. Step out into a \_\_\_\_ side forebalance and press.

29. Slide your feet together and turn 9degrees to your left.

30. Fold for a press with the left hand on bottom and the right hand on top.

31. Step out into a \_\_\_\_\_ side deep fighting stance and press towards the right.

32. Slide your feet together.

33. Fold for a press with the right hand on bottom and the left hand on top.

34. Step out into a \_\_\_\_ side deep fighting stance and press towards the left.

35. Say \_\_\_.

36. Wait seconds, and go back to the position for the kata.

}

public void DisplayKata10() {

}

public void DisplayKata11() {

}

public void DisplayKata12() {

}

public void DisplayKata13() {

}

}