

# ACTION KARATE

## Mass Attack

**Bow In:** Attention stance as you do fist cover and say “Kenpo Kata Mass Attack.

Right foot forward at an angle (foot flat on ground) as (on your right side) you make a right fist with the left hand covering it.

Step forward with your left foot with only your toes touching (like an open cat stance) as you present your hands (right fist with left open hand next to it).

Step back with your left foot, then your right foot as you put your open hands together, back to back. As you are stepping back, you are going to roll your hands backward (toward you) to make a full circle, then chamber them.

Step out with left foot. Extend right spear hand which you outside crescent kick with your right foot. Do the same on the left. Now bow-that finishes the bow in.

**Kata Begins:** You are going to step to the right and extend a right chop to the right, then slide your right foot (left foot doesn't move) until you are in a right guarding stance (you end up facing the parent area). As you turn, your right hand is going to eye rake everyone around you.

Once you are facing the parent area, your left foot goes into an open lean away stance and you extend a left palm strike in front of you (fingers pointing to the right) and protect your face with the back of right hand (fingers pointing to the left).

Left leg pulls around until you are able to do a right cat stance (facing Bon Jovi's guitar). Do a right inward block as your foot moves (left hand chambered).

Do a reverse chicken kick (right, then left) as you do a right outward block and left inward block (washing machine). You land on an angle facing the refrigerator.

Step around with your right leg and “hammer fist the nose (with right) and chop the toes (with left) until you are in a right guarding stance facing the slammer corner.

Now Arching Blades (at the same time do a right inward block as you do a right advancing front kick. Right then left chops to neck. Left hand “pulls the hair back and downward” as your right does an elbow to chin, then claws the face.

Pivot to face the refrigerator and do a “lunging front kick” that is do an advancing front kick but don't put your foot down, then grab the bad guy's shoulders and do a second front kick landing this time. After you land pivot to face Kelly's bar corner and do a left downward block to your left side.

Now, still facing Kelly's bars, you do everything at once- a left inward block with a right reverse punch and a right advancing front kick. As you land the kick you are going to turn toward your left until you are facing the “slammer's corner” and do double outward blocks.

Still facing the slammers, you are going to use the back of your left hand to support your right elbow as you do a right downward back knuckle punch (“bop”). Chamber your right as you palm with your left (fingers pointed toward the mirror). Chamber left as you do a right hook punch “to the pocket” (to your left hand). Step back left as you use your left hand to pin opponent’s hand which is on your right shoulder as your right hand does an upward back knuckle under their arm (like the beginning of Lone Kimono). Now “clear around” that is your left foot steps back to be even with your right foot so you are facing the office, as your left hand protects your face and your right hand does a downward block by your right side.

Now there are 2 bad guys-one at Kelly’s bars and one at Bon Jovi’s guitar. You are going right chop the one at the guitar as you do an advancing front kick to the person at the bars. As you land your kick, your right hand is going to upper cut the front person. Now you are going to “clear around” again, that is your left foot steps back even with your right as you do a right downward block by your right side. You are now facing the parking lot.

You now have 2 meanies, one on either side of you and they each grab a shoulder. You step back with your right leg as you do a double wrap around. Your right foot lunges forward (dragging the meanies with you) as you drop onto your left knee. Do double back knuckles to the meanies’ midsections (who are now kneeling on the floor next to you). Circle around forward (toward the parking lot) with your arms so you can grab the meanies’ legs. Stand up pulling your right leg back even with your left leg.

C-Step left then C-Step right around the meanies’ heads. Now you do Knee Sweep, that is you have a bad guy on each side of you each holding a wrist. You counter grab with your right hand, do a right dancer step behind as you side punch the bad guy on your left (dragging the bad guy on the right with you). Now counter grab the bad guy on the left and chamber your right leg and do a side kick to the bad guy on your right (yes, dragging the bad guy on the left with you). Now your right leg crosses in front of your left leg so that you can use your left knee to strike the bad guy’s (on your left) right knee and then left side kick his left knee. Land your left leg so that you are facing the mirror.

The meanies are back and again there is one on each side of you, this time grabbing your wrists. You are going to do the beginning of Kung Fu Wrists, that is counter grab the meanie on the right with your right hand. Slide your left foot next to your right foot so you can front kick the meanie on the right. You are going to land your right foot 180 degree around (so you are facing the parents) as you bring the other meanie “up and over” with a right inward block.

Pivot on your right foot, bringing your left foot 180 degrees around so you are in a horse stance facing the mirror. Do a double half fist to the arm pits of the new bad guys who are standing on each side of you, grabbing your shoulders (won’t they ever learn?). Next you are going to do a right palm strike in front of you to the left as you do a left palm behind you to the right. Then reverse this to a left palm strike in front of you to the right and a right palm strike behind you to the left (King Tut). Now Bow Out (like Bow In w/o the kicks) and you have finished Mass Attack!