

Berkeley Cuong Nhu Karate/Rohai Dojo

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Bac Dau (North Star)

Beginner's Kata

Begin in natural stance. (The direction you are facing when you start will be called north; west is to your left, east to your right.)

Nghiem! (attention stance)

Chao! (bow)

Return to natural stance.

Begin: Rectangular stance, right middle punch, *kiai!* (Step out with your right foot.)

1. Lean to your left, shifting inner chop (right hand chops toward northeast).
2. Lean to your right, shifting inner chop (left hand chops toward northwest).
3. Lean to your left, punch to your right (shifting punch to northeast).
4. Lean to your right, punch to your left (shifting punch to northwest).
5. Shift to rectangular stance, 3 punches-3 levels (high, middle, low), *kiai!*
6. Turn to your left into left forward stance, left lower block (facing west).
7. Reverse (turn behind you) into right forward stance, right lower block (facing east).
8. Reverse (turn behind you) into left forward stance, left rising block, followed by right upward knee kick to your hands (slapping noise), then return to left forward stance, left rising block position (facing west).
9. Reverse (turn behind you) into right forward stance, right rising block, followed by left upward knee kick to your hands (slapping noise), then return to right forward stance, right rising block position (facing east).
10. Shift into rectangular stance facing north (left foot moves), 3 punches-3 levels (high, middle, low), *kiai!*
11. Right front snap kick forward (north), land in right forward stance, hands up in guarding position.
12. Left front snap kick, land in left forward stance, lunge punch, reverse punch, *kiai!*

Return: Left foot draws back to natural stance.

Nghiem! (attention stance)

Chao! (bow)

Return to natural stance.