

Busahn Kata

N
W E
S

1. Begin facing N. Ready position: Feet apart, fists wide of body.
2. Back Stance left foot forward to NW with double knife hand low
3. cat stance, knifehand block & hook with left hand
4. front kick with left foot
5. Jump forward land on left foot, right foot close behind on ball augmented two handed block to the left.
6. Back stance right foot forward to NE with double knife hand low
7. cat stance, knifehand block & hook with right hand
8. front kick with right foot
9. Jump forward land on the right foot, left foot close behind on ball augmented two handed block to the right
10. Side stance facing W right handed scoop/side stance, reverse left hand punch (across body to N), right punch (to N)
11. double knife hand downward to S, leading with left hand.
12. clockwise spin ending in side stance facing E, right handed low block
13. reverse middle punch with left hand across body to S, side stance
14. cross chest with fists (left over right) followed with left handed low block to the N, side stance
15. reverse middle punch with right hand (across body to N), side stance
16. clockwise spin 180 degrees to side stance facing W followed with a right handed low block to N
17. cup and saucer to S, over/under strike to the N
18. left handed low block SW (front stance)
19. right handed high reverse punch SW – Giyup
20. hop to augmented block (left foot close behind right on ball) in SW direction
21. double knife hand low block, lead with left hand, to NE
22. spin clockwise 180 degrees for right handed middle block, front stance NE
23. left handed reverse middle punch NE
24. spin counter-clockwise 270 degrees for left handed middle block, front stance SE
25. right hand reverse middle punch SE
26. X ready position right fist in front facing S feet together
27. right low block W
28. right side kick W
29. right knifehand strike W, in side stance
30. X ready position feet together, left fist in front
31. left low block E
32. left side kick E
33. left knife hand strike E, in side stance
34. tension, left low block & right middle block, then to right low block & left middle block (descending right hand close to body)
35. hop counter-clockwise 180 degrees facing N, squatted side stance
36. tension, left low block & right middle block, then to right low block & left middle block (descending right hand close to body)
37. front squat stance facing W & right upper cut to N
38. clockwise spin 180 degrees to back stance facing E, and at the same time left low block N and right upper cut S
39. Check hands on left hip feet together facing N, over/under double punch to the E
40. Check hands on right hip feet together facing N, over/under double punch to the W
41. Left foot step N planted for back stance right foot pointing N in double fist middle block leading with right fist
42. 'carcass jump' spinning 360 degrees counter-clockwise landing in back stance right foot forward (pointing N) with double knife hand strike leading with right hand N
43. finish with left foot stepping forward (N) to back stance with double knife hand strike leading with left hand, GIYUP