

## *Kindness and Respect Kata*

1. Bow in
  - 'Attitude' (Arms X above head, feet shoulder width apart)
  - 'Confidence' (Arms out to either side)
  - 'Discipline' (Feet come together, arms snap to side)
  - 'Respect' (Bow)
2. Name of Kata (Kindness and Respect Kata)
3. 'Value yourself, value each other.' (Step out feet shoulder width apart)
4. Step out to left into left forward stance, left arm chop
5. Palm heel with right arm
6. Turn to right in opposite direction into right forward stance, right arm chop
7. Palm heel with left arm
8. Step to front with left leg into left forward stance, left arm chop
9. Palm heel with right arm
10. Back leg front kick (right leg)
11. Jumping front kick (right leg), land kneeling on left knee
12. Bow out
  - 'Attitude' (Arms X above head, feet shoulder width apart)
  - 'Confidence' (Arms out to either side)
  - 'Discipline' (Feet come together, arms snap to side)
  - 'Respect' (Bow)