**Universal Kata**
Jim Squire

2. Turn to face W, L fighting stance, *Kiah!*
3. L backfist, R reverse punch, R front kick (*Kiah!* with follow-on R step. Make that step to the L of centerline.
4. Look behind (E). Pivot on balls of feet rearwards to L fighting stance (E).
5. L backfist, R reverse punch, R front kick (*Kiah!* with follow-on R step
7. Slide R foot up to feet together, L flip kick, L backfist, R reverse punch, R roundhouse kick and land in deep horse stance facing W.
8. Cross chop R hand. *Kiah!*
9. R foot back in C motion into L forward stance while raising L hand into high block and chambering R hand. Note: first cross hands in front with L hand on top.
10. L foot back in C motion into R forward stance while raising R hand into outside block and chambering L hand. Notes:
    - first cross hands in front with R on top.
    - outside block should not extend outside your R side of body.
    - fingers should be inwards, not outwards.
12. R foot back in C motion into L forward stance while dropping L hand into low block and chambering R hand.
15. Move R leg forward. Attention, salute, bow