Odo No Kama Ich (Basic)

1. Start with Kama in RH with feet together. LF step to Horse stance while bringing Kama around the head.
2. LH grab L Kama and present. Then Flip Kama onto forearm. (Pointing to the L and R)
3. LF Step to a LFF L rising block, RF step rising block, LF step rising block.
4. R Kama flip out, RF step to RFF and hook, pull to cat, RK flip in, L/R Punch.
5. Naha turn to face the back. (in a LFF) LK rising block.
6. Step to RFF R rising block, step to LFF L rising block.
7. R Kama flip out, RF step to RFF and hook, pull to cat, RK flip in, L/R Punch.
8. LF in LF out to the L, LH rising block.
9. Step to RFF RK hook and pull to cat, (flip flip) Step to LFF LK hook, pull to cat, (flip flip) Step to RFF RK hook, pull to cat, Flip, L/R Punch.
10. RF Naha turn to a LFF, L Rising block. (Facing original Left)
11. R Flip, Step to RFF slice, reach and slice, hook and pull to cat, (flip flip)
12. Step to LFF, LK slice, reach and slice, hook and pull to cat, (flip flip)
13. Step to RFF, RK slice, reach and slice, hook and pull to cat, Flip RK, L/R punch.
14. Flip both Kama out, RF step to a RFF to the original back for a double Hook.
15. Bend knees into a Kosa (RL on top) then RF steps into horse stance facing the original Left.
16. Cross arms in front of chest at same time. (Left over then Right over)
17. LF “avoid sweep” and bring Kama straight out to the back. (Pointy part facing behind you) The RF avoid sweep and do the same with RK)
18. RK clear towards original front while RF pick up and lands in a RFF facing the front and then do a double hook.
19. Bend knees into a Kosa (RL on top) then RF steps into horse stance facing the original Right.
20. Cross arms in front of chest at same time. (Left over then Right over)
21. RF “avoid sweep” and bring Kama straight out to the back. (Pointy part facing behind you) Then LF avoid sweep and do the same with LK)
22. LK clear towards original front while RF pick up and lands in a RFF facing the front and then do a double hook.
23. LF goes back to Horse stance facing the original Left and do a double hammer strike down in-between leg.
24. LF “avoid sweep” and bring Kama straight out to the back. (Pointy part facing behind you) The RF avoid sweep and do the same with RK)
25. RK clear towards original front while RF pick up and lands in a RFF facing the front and then do a double hook.
26. LF goes back to Horse stance facing the original Left and do a double hammer strike down in-between leg.
27. LF “avoid sweep” and bring Kama straight out to the back. (Pointy part facing behind you) The RF avoid sweep and do the same with RK)
28. RK clear towards original front while RF pick up and lands in a RFF facing the front and then do a double hook.
29. RF step back to D/R.