Strikes

1. Overhead strikes
2. Angle strikes
3. Horizontal strikes
4. Low strikes
5. Tski/thrust

Blocks

- Overhead blocks
- Angle blocks
- Horizontal blocks
- Low blocks
- Tski/thrust blocks

Sean Ciall SWORD Kata I
1. Vertical Strike, Roof block
2. Vertical Strike, Roof block
3. Shoulder level Horizontal strike, Vertical block
4. Shoulder level Horizontal strike, Vertical block
5. Belly level Horizontal strike, Vertical block, Bring both blades between combatants with point facing the ground
6. Belly level Horizontal strike, Vertical block, Bring both blades between combatants with point facing the ground
7. Knee Strike
8. Knee block
9. Come back to attention

Sean Ciall SWORD Kata II
1. Vertical Strike, Roof block
2. Vertical Strike, Roof block
3. Angle strike to shoulder, Vertical block
4. Angle strike to shoulder, Vertical block
5. Belly level Horizontal strike, Vertical block, Bring both blades between combatants with point facing the ground
6. Belly level Horizontal strike, Vertical block, Bring both blades between combatants with point facing the ground

7. Knee Strike
8. Knee block & thrust
9. Thrust block
10. Come back to attention

STAFF/SPEAR KATA I

1. Strike to Right shoulder (using big motion)
2. Partner Blocks
3. Strike to Left shoulder (using big motion)
4. Partner Blocks
5. Strike to Right Knee (using big motion)
6. Partner Blocks
7. Strike to Left knee (using big motion)
8. Partner Blocks
9. Thrust
10. Partner does roof block to deflect and throws spear back
11. Partner then initiates attack & you block

STAFF/SPEAR KATA II

1. Strike to Right shoulder (using big motion)
2. Partner Blocks
3. Partner does Strike to your Left shoulder (using big motion)
4. You Block
5. You Strike to Partner Right Knee (using big motion)
6. Partner Blocks
7. Partner does Strike to your Left knee (using big motion)
8. Partner Blocks
9. You Thrust
10. Partner does roof block to deflect at throws spear back
11. Partner then initiates attack & you repeat