

Chino



Step forward right foot into Ha-zen turn left 90 degrees into Zen with a left upper block; then a right mid punch in pigeon toed stance, then Shiko & left downward hammerfist strike.



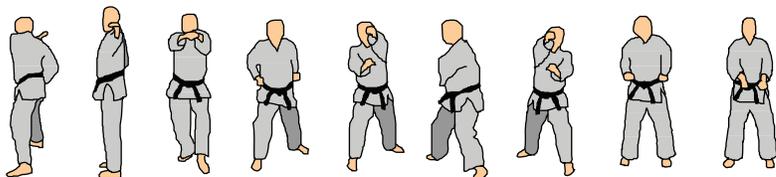
Turn right 180 degrees into Zen with a right upper block, then a left mid. punch in pigeon toed stance, then Shiko and right downward hammerfist strike.



Turn left 90 degrees into Zen with a left center block, right foot forward into Zen right center block , left mid. area kick landing forward into Zen with l.left upward elbow strike, right foot back into Shiko with left lower hammerfist, into Zen right Strike; Kiai.



Turn right 180 degrees into Haiko and right knife hand strike, l.left foot forward to Zen with left center block, r.right mid. area kick, right upper elbow strike in Zen, right foot into Shiko right lower hammerfist, into Zen left mid area strike; Kiai.



Turn left 180 degrees with left knife hand strike, pivot to cat stance right hand on top of left step back left foot to Zen one fist to each hip, double strike, left foot up to right foot both fists at right hip, step back right foot to Zen, double strike. Finish to Yoi.