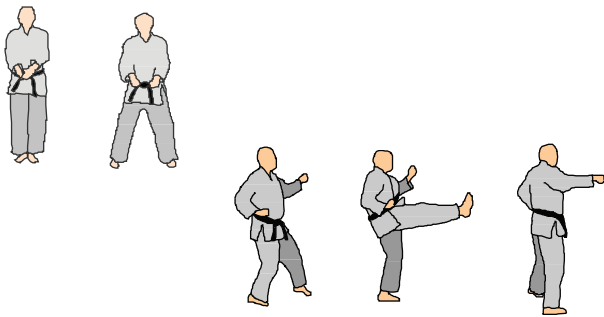


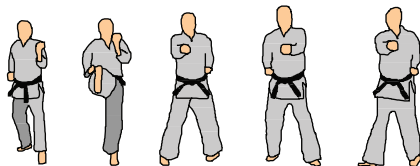
# Kihon Nidan



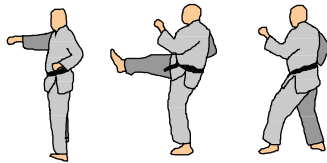
Turn left 90 degrees into left center block in cat stance; right middle area kick then right punch to mid. area in pigeon toed stance.



Turn right 180 degrees into right center block in cat stance; left middle area kick then left punch to mid. area in pigeon toed stance.



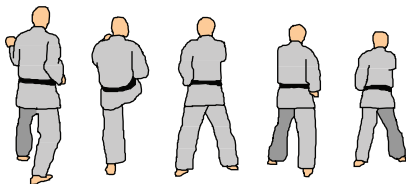
Turn left 90 degrees into left center block in cat stance; right middle area kick followed by three mid. area punches in pigeon toed stances; Kiai.



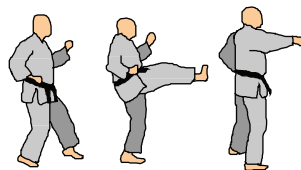
Turn left 270 degrees into left center block in cat stance; right middle area kick then right punch to mid. area in pigeon toed stance.



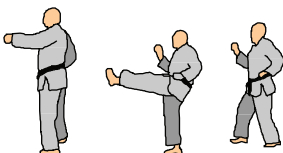
Turn right 180 degrees into center block in cat stance; left middle area kick then left punch to mid. area in pigeon toed stance.



Turn left 90 degrees into left block in cat stance; right middle area kick followed by three mid. area punches in pigeon toed stances; Kiai.



Turn left 270 degrees into left center block in cat stance; right middle area kick then right punch to mid. area in pigeon toed stance.



Turn right 180 degrees into right center block in cat stance, left middle area kick then left punch to mid. area in pigeon toed stance. Then turn left 90 degrees into ready stance.

