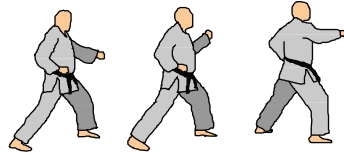
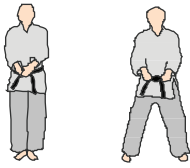
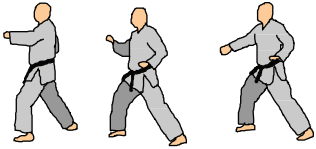


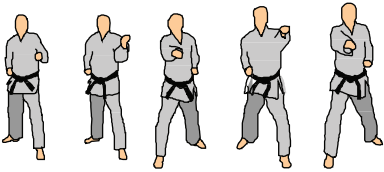
# Kihon Sandan



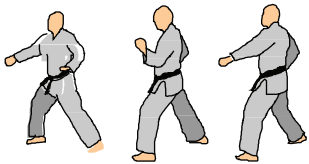
Turn left 90 degrees into Zen stance doing a left downward then center block, then do a right punch.



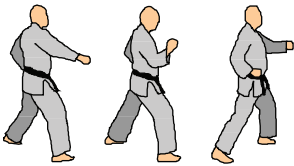
Turn right 180 degrees into Zen stance doing a right downward then center block, then do a left punch.



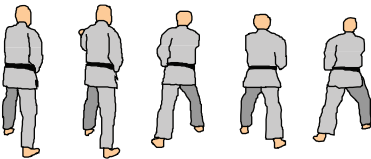
Turn left 90 degrees into a Zen stance doing a left downward then center block, then do three punches in Zen stances; Kiai.



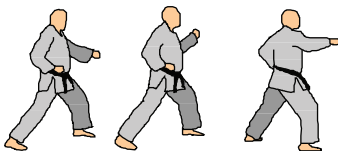
Turn left 270 degrees into Zen stance doing a left downward then center block, then do a right punch.



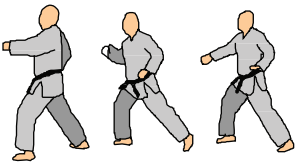
Turn right 180 degrees into Zen stance doing a right downward then center block, then do a left punch.



Turn left 90 degrees into Zen stance doing a left downward then center block, then do three punches in Zen stances; Kiai.



Turn left 270 degrees into Zen stance doing a left downward and then left center block, then right mid area punch in Zen stance.



Turn right 180 degrees into Zen stance doing left downward then center block, then left punch, then turn left 90 degrees to ready stance.

