

Kihon Shodan



Turn left 90 degrees with a left center block in cat stance then mid. area punch in pigeon toed stance.



Turn right 180 degrees with a right center block in cat stance then mid. area punch in pigeon toed stance.



Turn left 90 degrees with a left block in cat stance followed by three punches in pigeon toed stances and Kiai.



Turn left 270 degrees with a left center block in cat stance then mid. area punch in pigeon toed stance.



Turn right 180 degrees with a right center block in cat stance then mid. area punch in pigeon toed stance.



Turn left 90 degrees with a left block in cat stance followed by three punches in pigeon toed stances and Kiai.



Turn left 270 degrees with a left center block in cat stance then mid. area punch in pigeon toed stance.



Turn right 180 degrees with a right center block in cat stance then mid. area punch in pigeon toed stance. Then turn left 90 degrees into ready stance.

