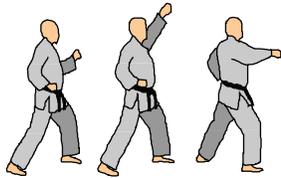


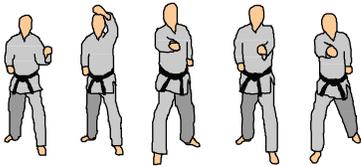
Kihon Yondan



Turn left 90 degrees doing a left center block followed by a left upper block in Zen stance; then a right mid. area punch in Zen stance.



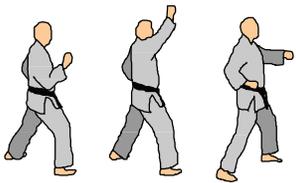
Turn right 180 degrees doing a right center block followed by a right upper block in Zen stance; then a left mid. area punch in Zen stance.



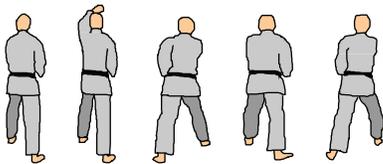
Turn left 90 degrees doing a left center block followed by a left upper block in Zen stance; then three mid. area punches in Zen stance; Kiai.



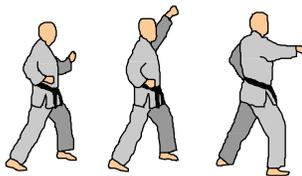
Turn left 270 degrees doing a left center block followed by a left upper block in Zen stance; then a right mid. area punch in Zen stance.



Turn right 180 degrees doing a right center block followed by a right upper block in Zen stance; then a left mid. area punch in Zen stance.



Turn left 90 degrees doing a left center block followed by a left upper block in Zen stance; then three mid. area punches in Zen stance; Kiai.



Turn left 270 degrees doing a left center block followed by a left upper block in Zen stance; then a right mid. area punch in Zen stance.



Turn right 180 degrees doing a right center block followed by a right upper block in Zen stance; then a left mid. area punch in Zen stance. Then go into a ready stance.

