

Tenno



Turn left 90 degrees into a Zen stance with a left downward block followed by a right mid. area punch in pigeon toed stance.



Turn right 180 degrees into a Zen stance with a right downward block followed by a left mid. area punch in pigeon toed stance.



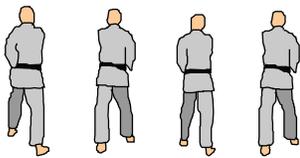
Turn left 90 degrees into a Zen stance with a left downward block followed by three punches in pidgeon toed stances; Kiai.



Turn left 225 degrees into a Zen stance with a left downward block then into another Zen stance with a right upper block.



Turn right 90 degrees into a Zen stance with right downward block then into another Zen stance with a left upper block.



Turn left 45 degrees into a Zen stance with a reverse right mid. area punch followed by three mid area reverse punches in Han-Zen stances; Kiai.



Turn left 225 degrees into a zen stance with a left downward block then into another Zen stance with a right upward punch.



Turn right 90 degrees into a Zen stance with a right downward block then into another Zen with a left upward punch; then turn left into Yoi.