

Kihon Sho-dan

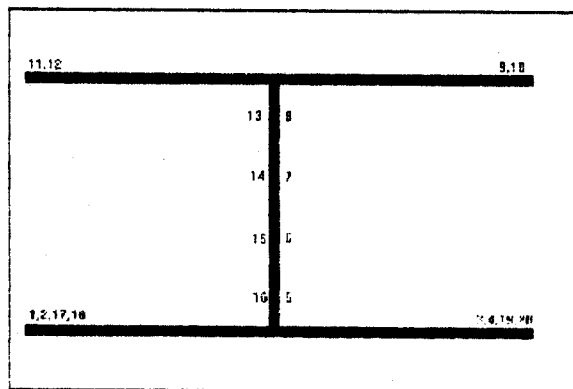
Count

Moves

1. From Yoi, turn left 90 degrees, cat stance, left center block.
2. Step up to pigeon-toed stance, right strike.
3. Turn 180 degrees right, cat stance, right center block.
4. Step up to pigeon-toed stance, left strike.
5. Turn 90 degrees left, cat stance, left center block.
6. Step up to pigeon-toed stance, right strike.
7. Step up in pigeon-toed stance, left strike.
8. Step up in pigeon-toed stance, right strike - Kiai.
9. Turn left 270 degrees, cat stance, left center block.
10. Step up to pigeon-toed stance, right strike.
11. Turn right 180 degrees, cat stance, right center block.
12. Step up in pigeon-toed stance, left strike.
13. Turn left 90 degrees, cat stance, left center block.
14. Step up to pigeon-toed stance, right strike.
15. Step up in pigeon-toed stance, left strike.
16. Step up in pigeon-toed stance, right strike - Kiai.
17. Turn left 270 degrees, cat stance, left center block.
18. Step up to pigeon-toed stance, right strike.
19. Turn right 180 degrees, cat stance, right center block.
20. Step up to pigeon-toed stance, left strike.
21. Turn left 90 degrees back into Yoi.

Notes:

1. The hand doing the block or strike is always on the same side as the forward foot.
2. You turn in the direction of the hand doing the strike, **except** after the Kiai when you turn the opposite way.



You start at the bottom center facing the top. You must do both sides of the bottom, go up the middle, do both sides of the top, go back down the middle, do both sides of the bottom again and end up where you started from.