

Kihon Yon-dan

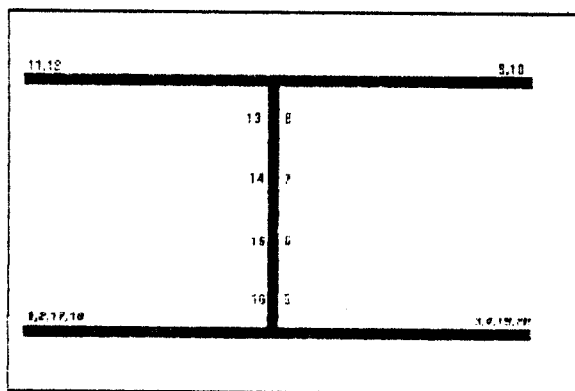
Count

Moves

1. From Yoi, step out left zen, left center then upward blocks.
2. Step forward zen, right strike.
3. Turn 180 degrees right, zen, right center then upward blocks.
4. Step forward zen, left strike.
5. Turn 90 degrees left, zen, left center then upward blocks.
6. Step forward zen, right strike.
7. Step forward zen, left strike.
8. Step forward zen, right strike - Kiai.
9. Turn left 270 degrees, zen, left center then upward blocks.
10. Step forward zen, right strike.
11. Turn right 180 degrees, zen, right center then upward blocks.
12. Step forward zen, left strike.
13. Turn left 90 degrees, zen, left center then upward blocks.
14. Step forward zen, right strike.
15. Step forward zen, left strike.
16. Step forward zen, right strike - Kiai.
17. Turn left 270 degrees, zen, left center then upward blocks.
18. Step forward zen, right strike.
19. Turn right 180 degrees, zen, right center then upward blocks.
20. Step forward zen, 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.
3. All the stances are zen (long stance).



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.