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 punchs 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 punchs 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.