



Basic II

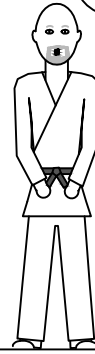
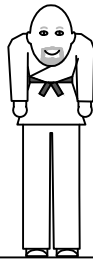
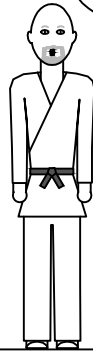
Basic II
Sir (Mam)!

Sir (Mam)!

Legend

- Prior Foot Position
- New foot Position
- R Right
- L Left

NOTE: Stances shown in 'mirror' view. The same way as instructors lead the class.



Footing



Count

Yoi

Ichi

Move (english)

Attention

Bow

Ready

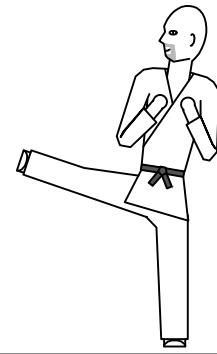
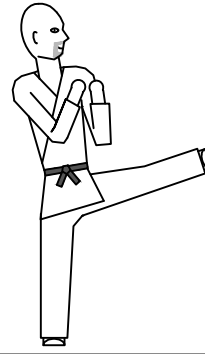
Natural Upright Stance

Move (japanese)

Ki-O-Tsuke

Rei

Yoi



Footing



Count

Ni

San

Shi

Go

Move (english)

R Front Kick

L Front Kick

R Side Kick

L Side Kick

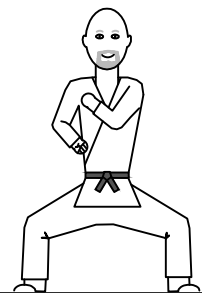
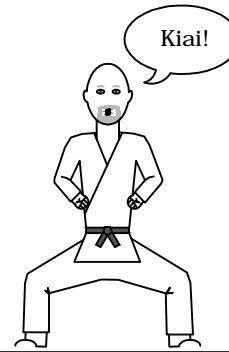
Move (japanese)

R Mei Geri

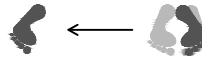
L Mei Geri

R Yoko Geri

L Yoko Geri



Footing



Count

Roku

Shichi

Hachi

Ku

Move (english)

R Roundhouse Kick

L Roundhouse Kick

Squat/Chamber

R Middle Sideward Block

Move (japanese)

R Mawashi-Geri

L Mawashi-Geri

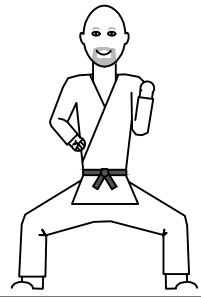
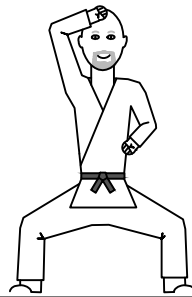
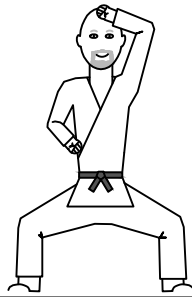
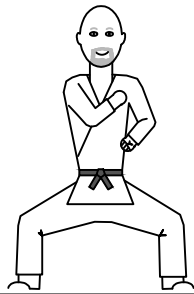
Jigotai-dachi

R Uchi Uke



Basic II

Continued



Footing



Count

Ju

Ichi

Ni

San

Move (english)

L Middle Sideward Block

R High Block

L High Block

R Middle Outward Block

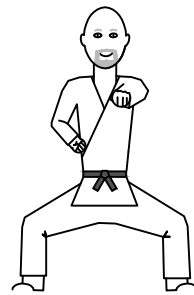
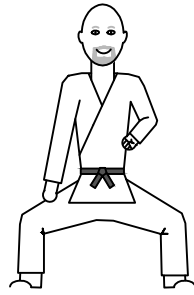
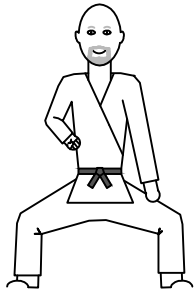
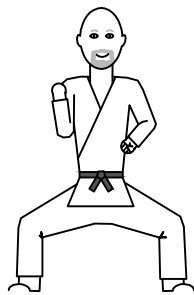
Move (japanese)

L Uchi Uke

R Jodan Uke

L Jodan Uke

R Chudan Soto-uke



Footing



Count

Shi

Go

Roku

Shichi

Move (english)

L Middle Outward Block

R Middle Block

L Middle Block

R Chest Punch

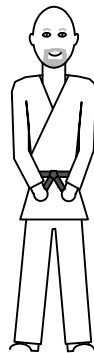
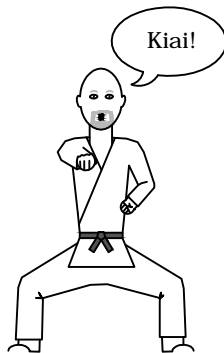
Move (japanese)

L Chudan Soto-uke

R Gedan Uke

L Gedan Uke

R Chudan Zuki



Footing



Count

Hachi

Ku

Ju

Attention

Move (english)

L Chest Punch

Yoi

Bow

Attention

Move (japanese)

L Chudan Zuki

Ready

Rei

Ki-O-Tsuke