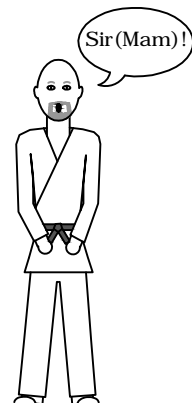
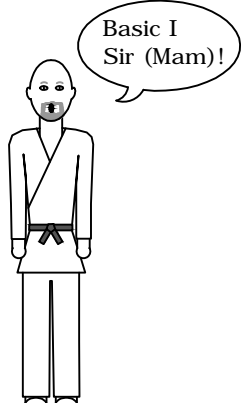


Basic I

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

Move (english)

Attention

Bow

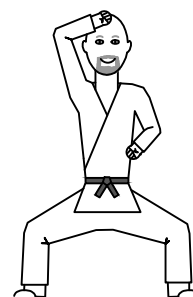
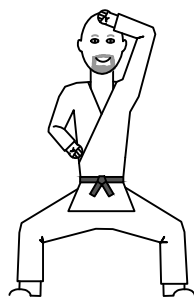
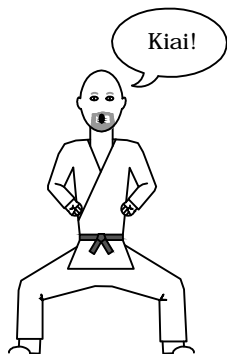
Ready

Move (japanese)

Ki-O-Tsuke

Rei

Yoi



Footing

Count

Ichi

Ni

San

Move (english)

Squat/Chamber

R High Block

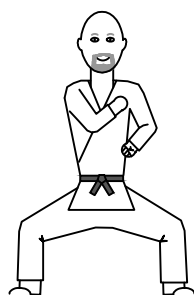
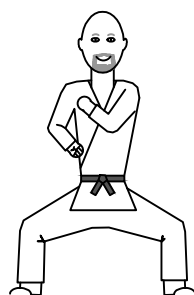
L High Block

Move (japanese)

Jigotai-dachi

R Jodan Uke

L Jodan Uke



Footing

Count

Shi

Go

Roku

Move (english)

R Middle Sideward Block

L Middle Sideward Block

Natural Upright Stance

Move (japanese)

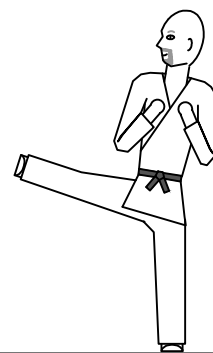
R Uchi Uke

L Uchi Uke



Basic I

Continued



Footing



Count

Shichi

Hachi

Ku

Ju

Move (english)

R Front Kick

L Front Kick

R Side Kick

L Side Kick

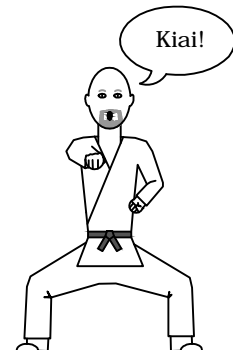
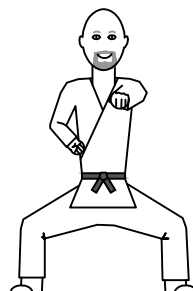
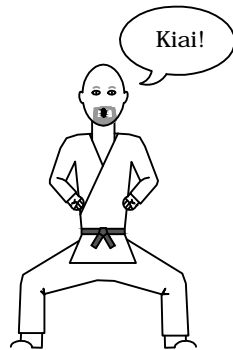
Move (japanese)

R Mei Geri

L Mei Geri

R Yoko Geri

L Yoko Geri



Footing



Count

Ichi

Ni

San

Move (english)

Squat/Chamber

R Chest Punch

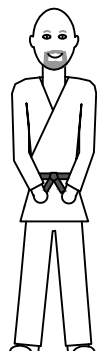
L Chest Punch

Move (japanese)

Jigotai-dachi

R Chudan Zuki

L Chudan Zuki



Footing



Count

Shi

Go

Roku

Move (english)

Yoi

Bow

Attention

Move (japanese)

Ready

Rei

Ki-O-Tsuke