

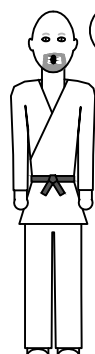


Basic III

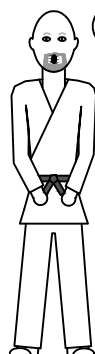
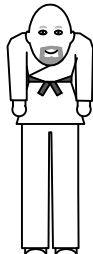
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Legend

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



Basic III
Sir (Mam)!

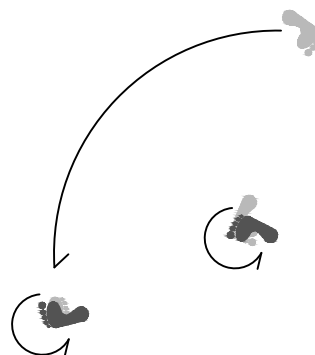
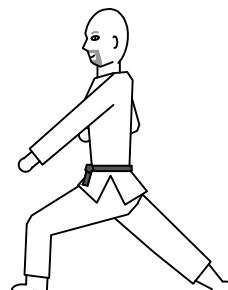


Sir(Mam)!



Footing

Count	Attention	Yoi	Ready	Ichi
Move (english)	Attention	Bow	Ready	R Lunge/Chest Punch
Move (japanese)	Ki-O-Tsuke	Rei	Yoi	R Zenkutsu-dachi/Chudan-zuki



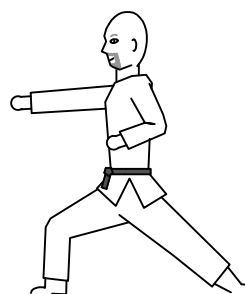
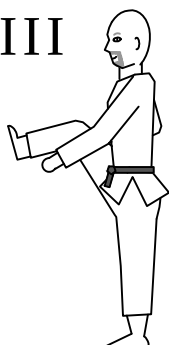
Footing

Count	Ni	San	Shi
Move (english)	L Lunge/Chest Punch	R Lunge/Chest Punch	L Lunge/Down Block
Move (japanese)	L Zenkutsu-dachi/Chudan-zuki	R Zenkutsu-dachi/Chudan-zuki	L Zenkutsu-dachi/Gedan-uke



Basic III

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Footing

Count

Go

Move (english)

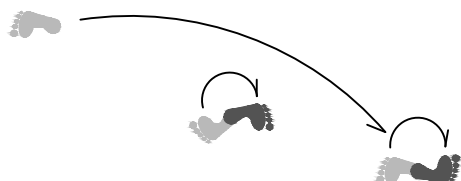
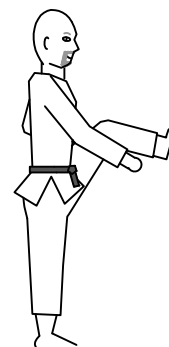
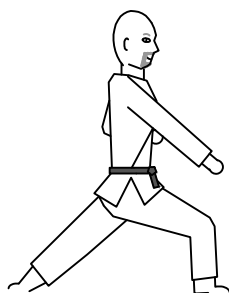
R Front Kick

R Lunge/Chest Punch

Move (japanese)

R Mei-geri

R Zenkutsu-dachi/Chudan-zuki



Footing

Count

Roku

Shichi

Move (english)

R Lunge/Down Block

L Front Kick

Move (japanese)

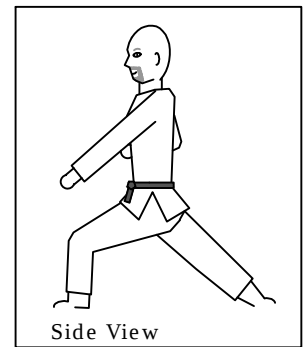
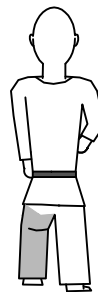
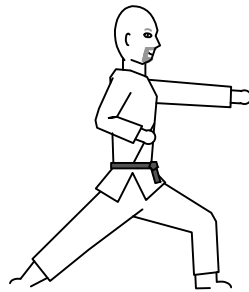
R Zenkutsu-dachi/Gedan-uke

L Mei-geri

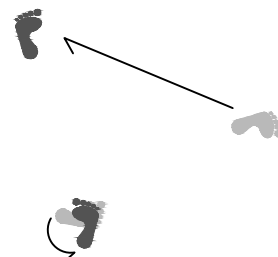


Basic III

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Side View



Footing

Count

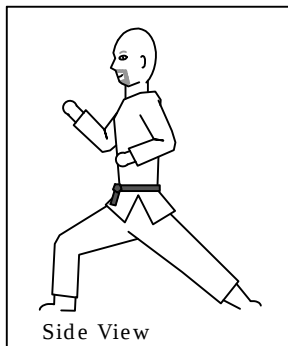
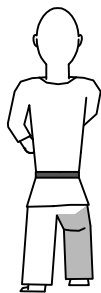
Move (english) L Lunge/Chest Punch

Move (japanese) L Zenkutsu-dachi/Chudan-zuki

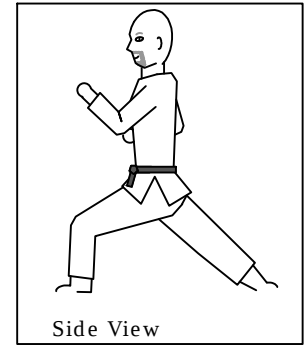
Hachi

Move (english) L Lunge/Down Block

Move (japanese) L Zenkutsu-dachi/Gedan-uke



Side View



Side View



Footing

Count

Move (english) R Lunge/Middle Outward Block

Move (japanese) R Zenkutsu-dachi/Chudan-uke

Ku

Ju

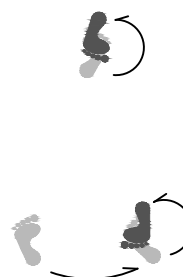
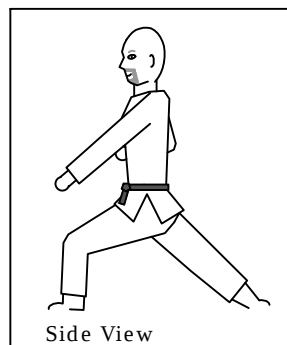
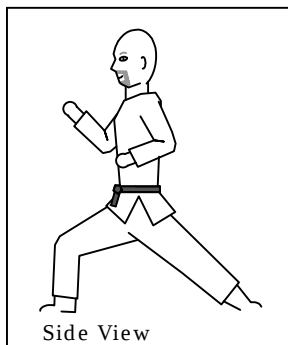
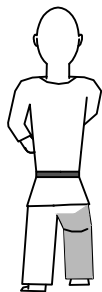
Move (english) L Lunge/Middle Outward Block

Move (japanese) L Zenkutsu-dachi/Chudan-uke



Basic III

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Footing

Count

Ichi

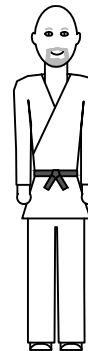
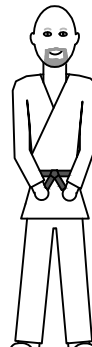
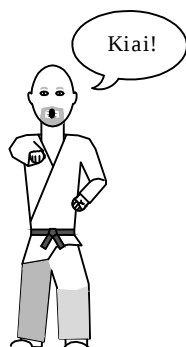
Ni

Move (english) R Lunge/Middle Outward Block

L Lunge/Down Block

Move (japanese) R Zenkutsu-dachi/Chudan-uke

L Zenkutsu-dachi/Gedan-uke



Footing

Count

San

Shi

Move (english) L Lunge/R Chest Punch

Ready

Bow

Attention

Move (japanese) L Zenkutsu-dachi/R Chudan-zuki

Yoi

Rei

Ki-O-Tsuke