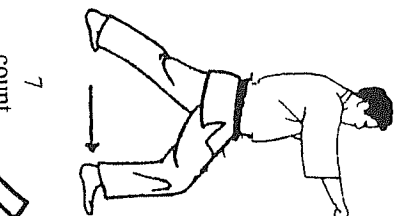
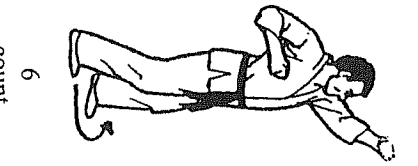
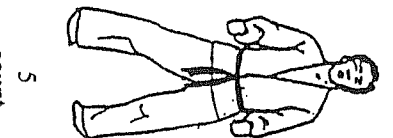
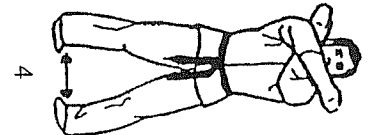
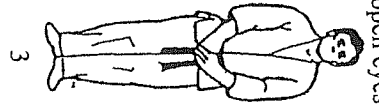
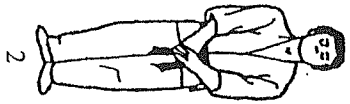
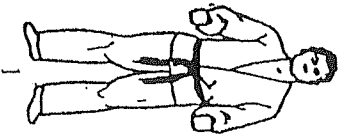




Gekisai Dai

'MOKUSO' 'GEKISAI DAI'
'YOI' (open eyes)

START

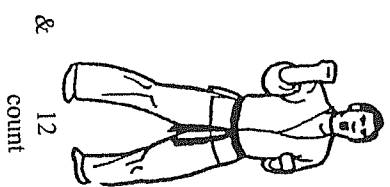
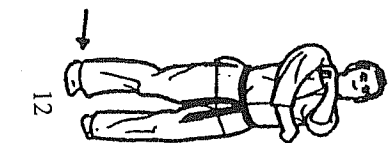
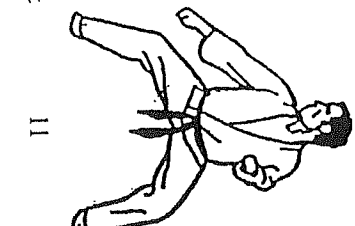
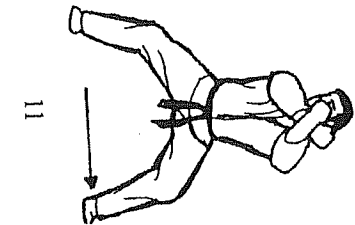
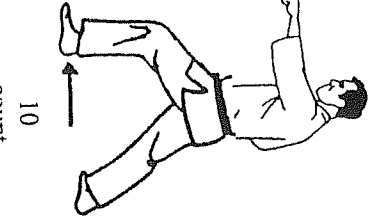
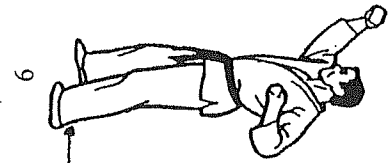
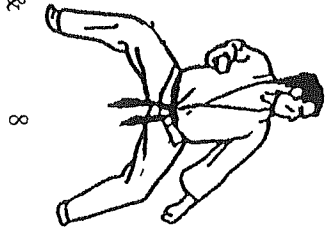
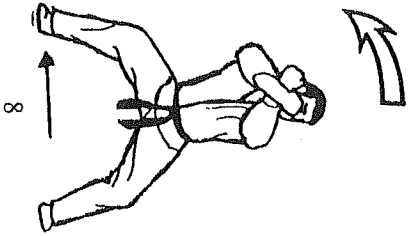


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ICHI

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NI

count
SAN

IBUKI



count
SHI

count
GO

count
ROKU

count
SHI

count
ICHI

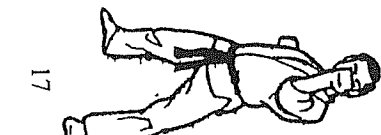
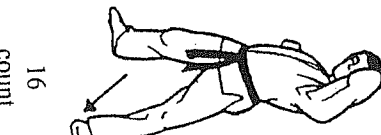
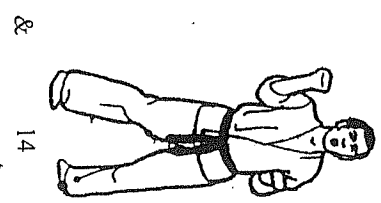
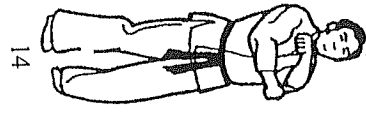
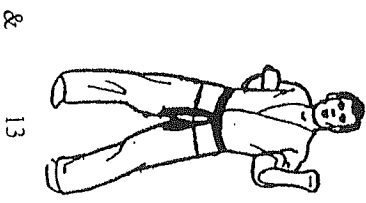
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count
SHICHI



IBUKI

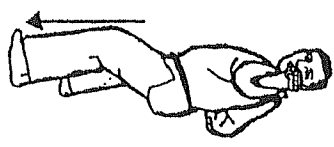


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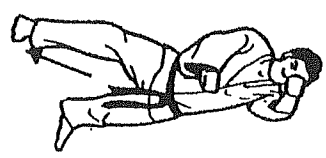
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count
KU

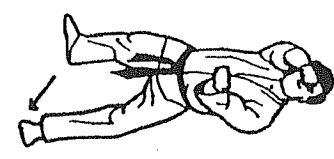
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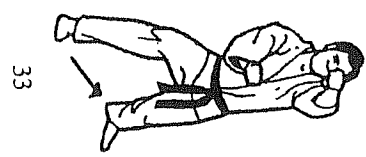
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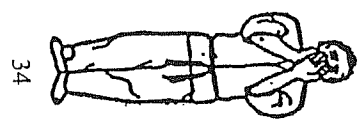


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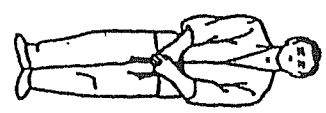


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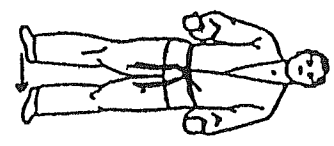


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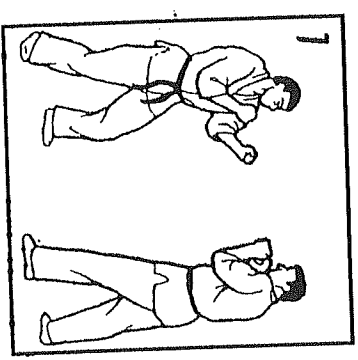
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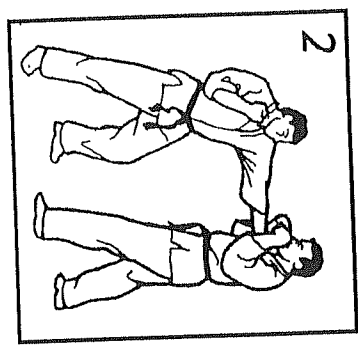


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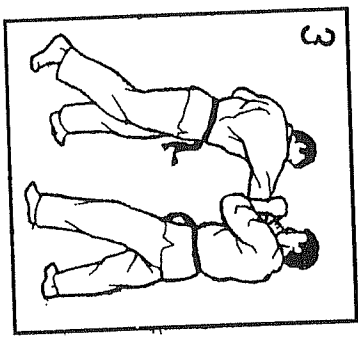
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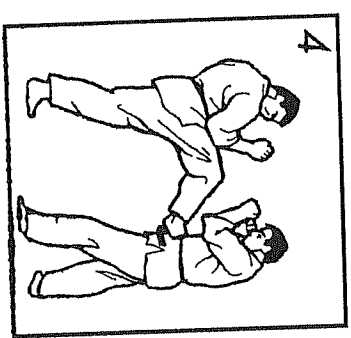
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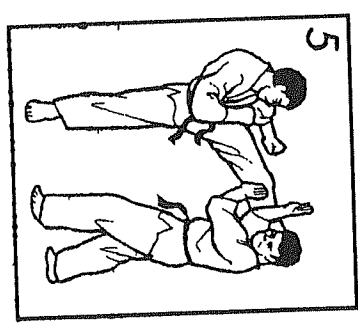
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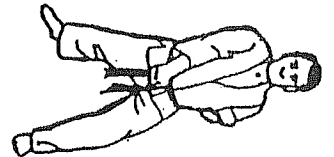
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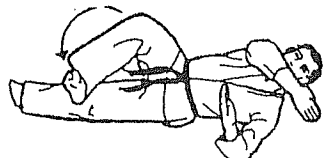
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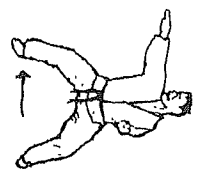
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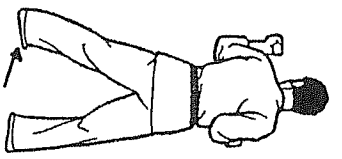
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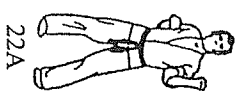
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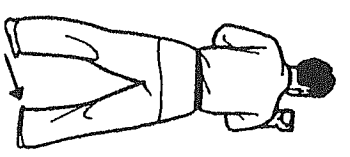
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22
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SAN



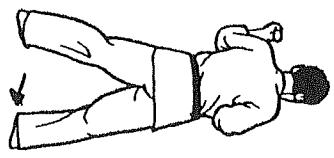
22A



23
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SHI



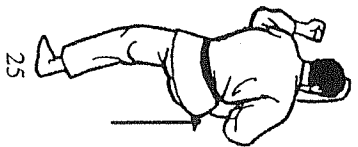
23A



24
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GO



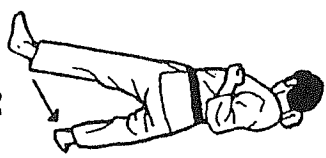
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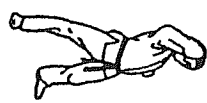
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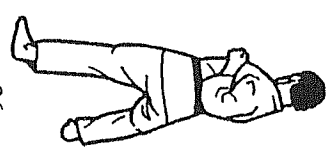
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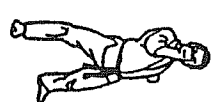
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ROKU



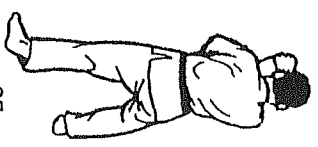
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26



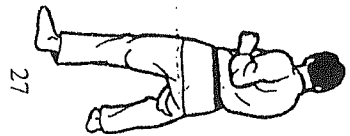
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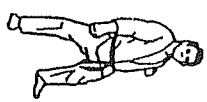
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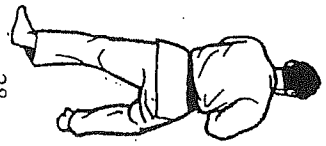
27A



27



27B

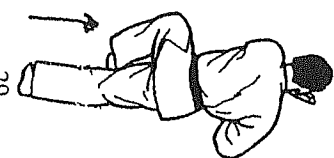


28

count
SHICHI



28A



29



29A

Next page

GEKISAI DAI

- 1) *Fudo dachi*
- 2) *“Mokuso,”*
- 3) *“Gekisai Dai, (eyes open) yoi”*
- 4) *Uchi hachi ji dachi with ibuki.*
- 5) *Pivot on the right leg anti-clockwise 90° into left sanchin dachi, block left seiken jodan uke.*
- 6) *Step forward into right zenkutsu dachi, strike right jodan oi tsuki.*
- 7) *Pivot on the left leg clockwise 180° into kiba dachi, block left seiken gedan barai.*
- 8) *Pivot on the right leg clockwise 180° stepping forward with the rear leg, into right sanchin dachi, block right seiken jodan uke.*
- 9) *Step forward into left zenkutsu dachi, strike left jodan oi tsuki.*
- 10) *Step back anti-clockwise 180° with left leg into kiba dachi, block right seiken gedan barai.*
- 11) *Turn anti-clockwise 90° on the left leg into right sanchin dachi, block right seiken chudan uchi uke with ibuki.*
- 12) *Step forward into left sanchin dachi; block left seiken chudan uchi uke with ibuki.*
- 13) *Step forward into right sanchin dachi, block right seiken chudan uchi uke with ibuki.*
- 14) *Kick left jodan chusoku mae geri.*
- 15) *Step forward into left zenkutsu dachi, strike left jodan age hiji ate.*
- 16) *Strike left uraken gammen uchi.*
- 17) *Block left seiken gedan barai.*
- 18) *Strike gedan gyaku tsuki.*
- 19) *Bring right ashi barai to the front, simultaneously right hand comes to left ear (palm in).*
- 20) *Turn clockwise 180° with leg held up then down into kiba dachi, strike right shuho yoko uchi uke (left hand open), kiai.*
- 21) *Step forward into left sanchin dachi; block left seiken chudan uchi uke with ibuki.*
- 22) *Step forward into right sanchin dachi, block right seiken chudan uchi uke with ibuki.*

- 23) *Step back into left sanchin dachi; block left seiken chudan uchi uke with ibuki.*
- 24) *Kick right jodan chusoku mae geri.*
- 25) *Step forward into right zenkutsu dachi strike right jodan age hiji ate.*
- 26) *Strike right uraken gammen uchi.*
- 27) *Block right seiken gedan barai.*
- 28) *Strike left gedan gyaku tsuki.*
- 29) *Bring left ashi barai to the front, simultaneously the left hand comes to the right ear.*
- 30) *Turn anti-clockwise 180° with the leg still held up, then down into kiba dachi, strike left shuto yoko uchi uke (right hand open), kiai.*
- 31) *Step forward into right zenkutsu dachi, strike yama tsuki.*
- 32) *Step forward into left zenkutsu dachi, strike yama tsuki.*
- 33) *Step back into right zenkutsu dachi, strike yama tsuki.*
- 34) *Naore - Step back into musubi dachi.*
- 35) *Yasume – Step into judo dachi. END*