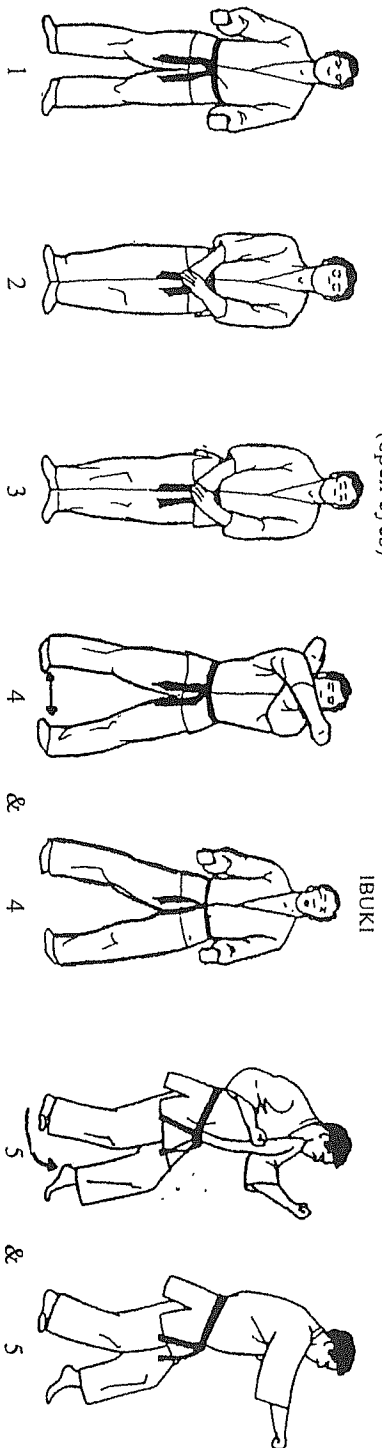


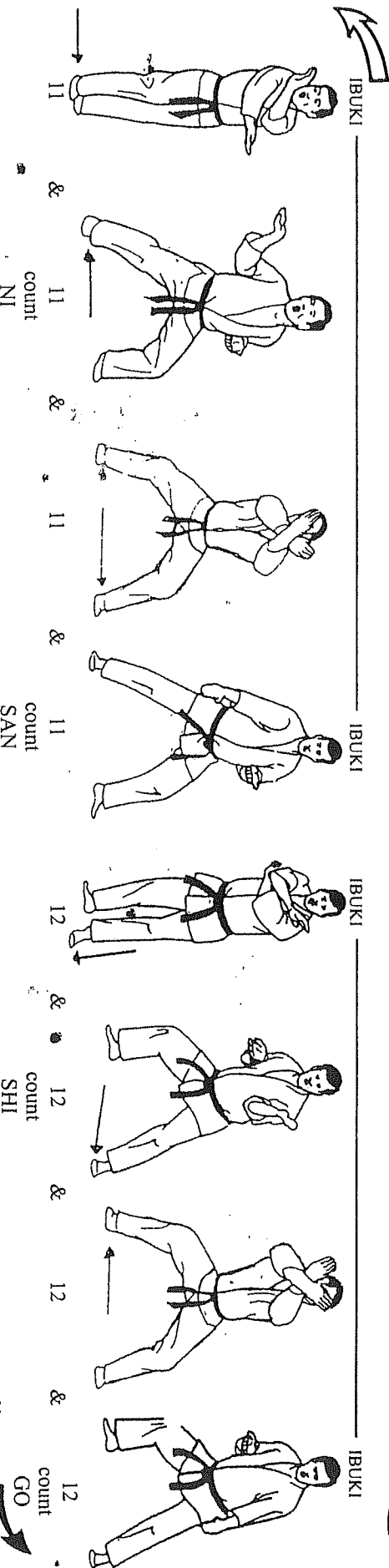
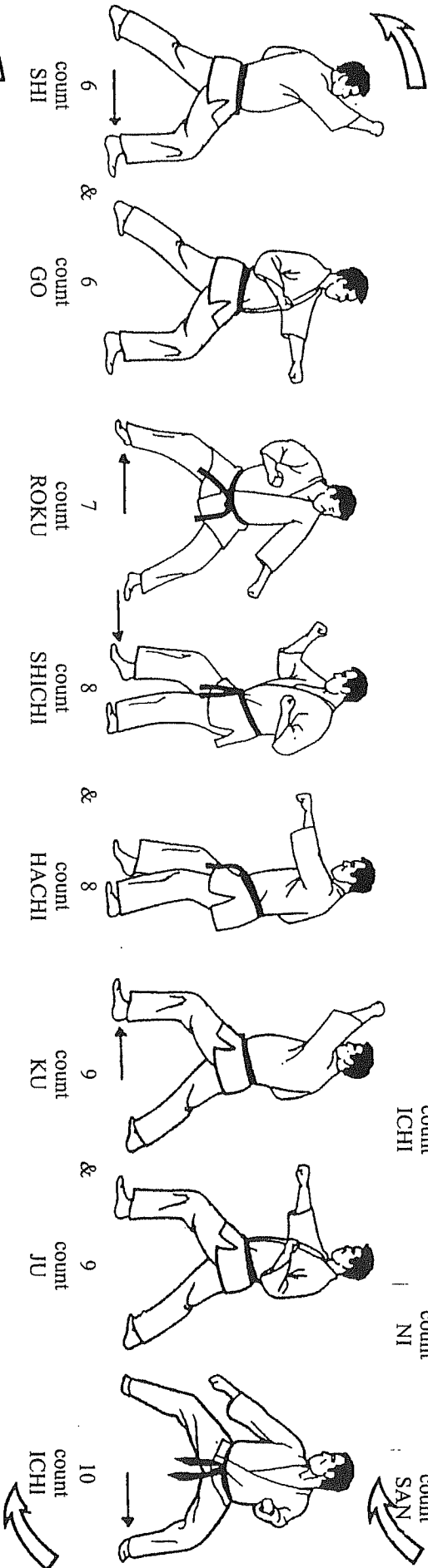


# Gekisai Sho

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

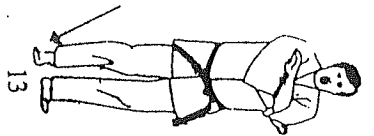


START

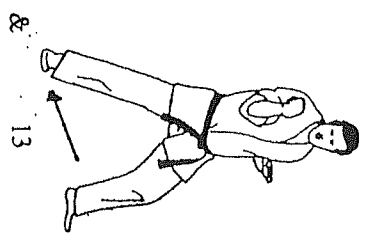




IBUKI

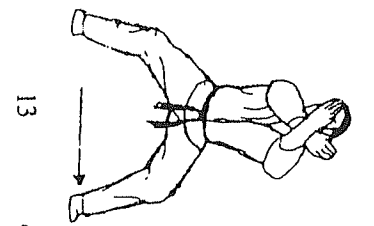


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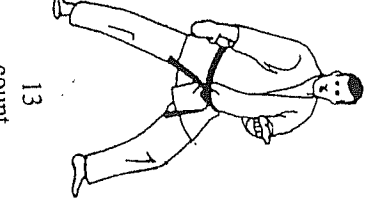


13

count  
ROKU

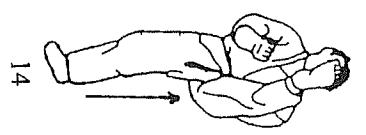


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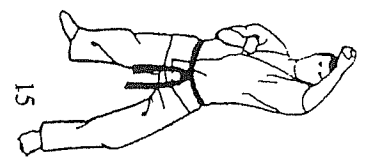


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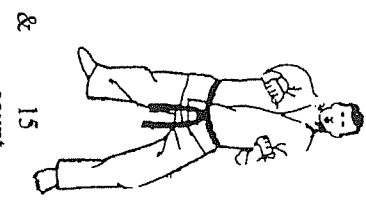
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SHICHI



14

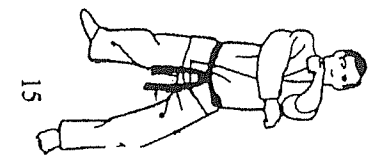


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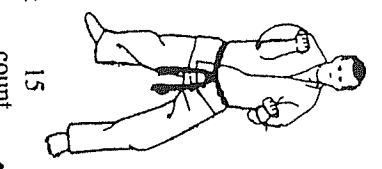


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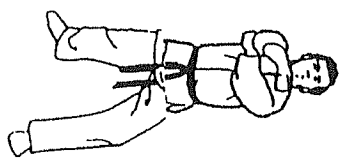
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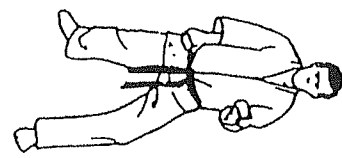
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KU

KIAI

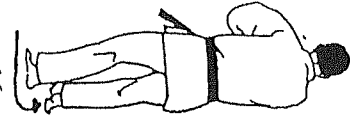


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15

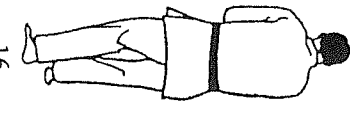
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JU



16



16A

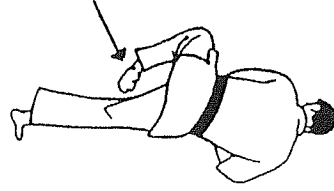


16

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ICHI



16B

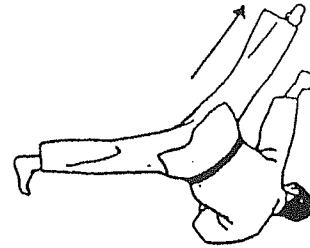


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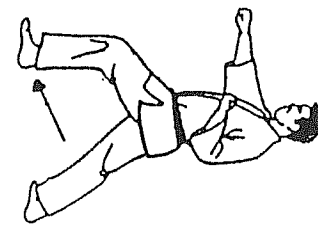
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NI



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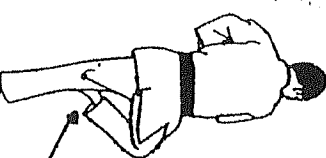


17



18

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SHI



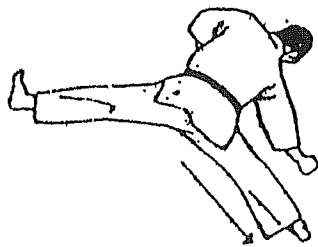
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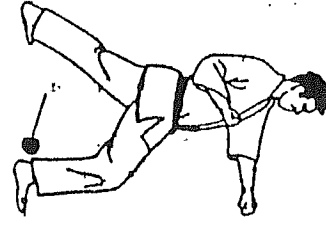


19A

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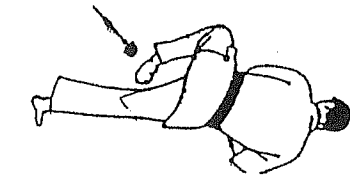


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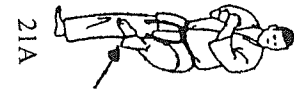
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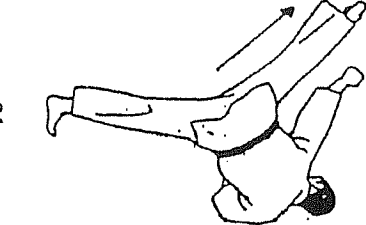
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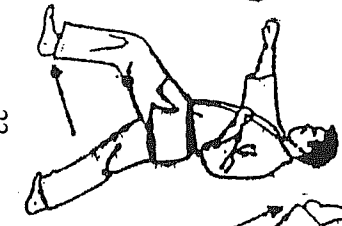


21A

&

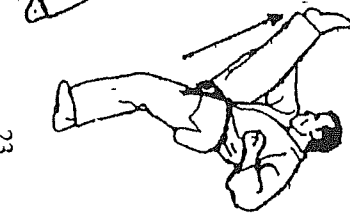


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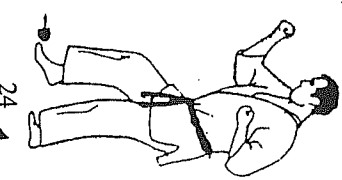


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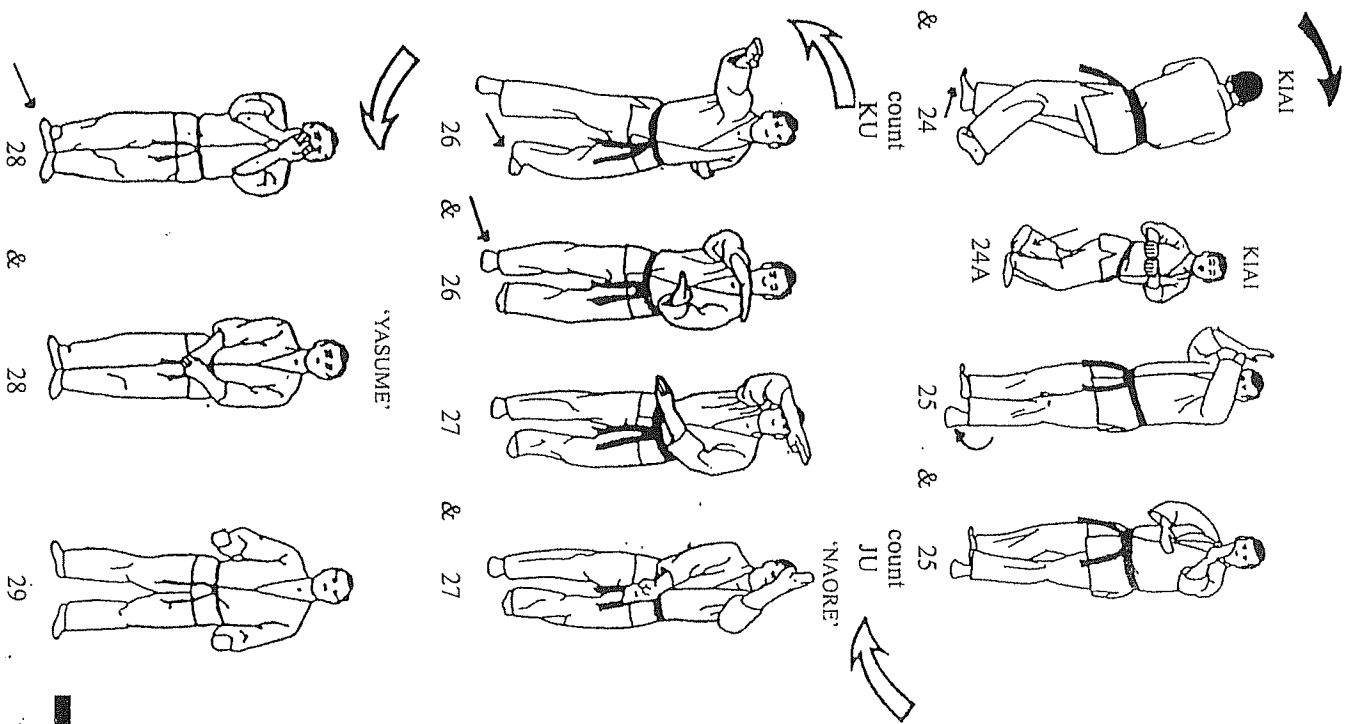
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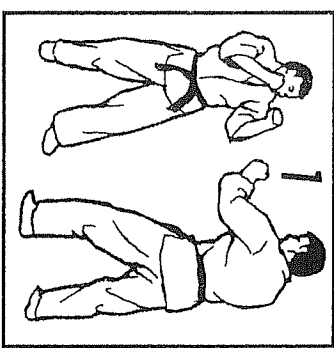
24

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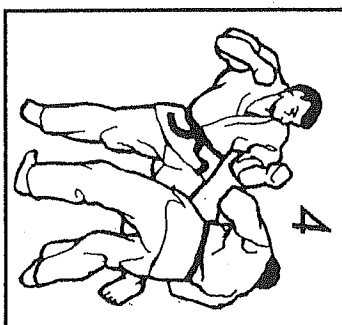
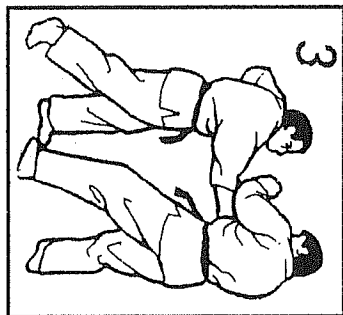




END



*Renraku*



## GEKISAI SHO

- 1) *Fudo dachi*
- 2) “*Mokusso,*”
- 3) “*Gekisai Sho, (eyes open) yoi*”
- 4) *Uchi hachi ji dachi, ibuki.*
- 5) *Pivot on the right leg anti-clockwise 90° into left kokutsu dachi, block left seiken chudan uchi uke, strike right chudan gyaku tsuki.*
- 6) *Step forward into right zenkutsu dachi, block right seiken jodan uke, strike left chudan gyaku tsuki.*
- 7) *Step back with right leg into kiba dachi, block left seiken gedan barai.*
- 8) *Pivot on left leg clockwise 180°, bring right leg back into right kokutsu dachi, and block right seiken chudan uchi uke, strike chudan gyaku tsuki.*
- 9) *Step forward into left zenkutsu dachi, block left seiken jodan uke, and strike chudan gyaku tsuki.*
- 10) *Step back with left leg into kiba dachi, block right seiken gedan barai.*
- 11) *Take right leg to left leg and step forward with right leg 45° into kiba dachi, executing left jodan shotei cover, block right chudan haito uchi uke, then right shuto gedan barai, both blocks are performed with ibuki.*
- 12) *Step forward into left 45° kiba dachi, execute right jodan shotei cover, and block left chudan haito uchi uke then left shuto gedan barai, both blocks are performed with ibuki*
- 13) *Step forward into right 45° kiba dachi, execute jodan shotei cover, and block right chudan haito uchi uke then right shuto gedan barai, both blocks are performed with ibuki.*
- 14) *Kick left jodan chusoku mae geri.*
- 15) *Step into left zenkutsu dachi; block left seiken jodan uke, strike chudan gyaku tsuki, kiai, block right seiken chudan uchi uke, right seiken gedan barai.*
- 16) *Pivot on the left leg clockwise 180° into right kokutsu dachi, block right shuto mawashi uke.*
- 17) *Lift left leg and turn 45° into tsuru ashi dachi, block left uraken yoko uke, simultaneously kick left sokuto yoko geri.*

- 18) *Step into left zenkutsu dachi, strike chudan gyaku tsuki.*
- 19) *Turn 90° clockwise, lift right leg into tsuru ashi dachi (45°), block right uraken yoko uke, simultaneously kick right sokuto yoko geri.*
- 20) *Step into right zenkutsu dachi strike chudan gyaku tsuki.*
- 21) *Turn 90° anti-clockwise, lift left leg into tsuru ashi dachi, strike (45°), left uraken yoko uchi, simultaneously kick left sokuto yoko geri.*
- 22) *Step into left zenkutsu dachi (45°), strike chudan gyaku tsuki.*
- 23) *Kick right jodan chusoku mae geri to the same 45° angle.*
- 24) *Return leg to tsuru ashi dachi, jump to the front on to the right leg, and follow with the left leg into kake dachi, strike morote tsuki, kiai.*
- 25) *Pivot on the right leg anti-clockwise 180° into left kokutsu dachi, block left shuto mawashi uke.*
- 26) *Step back with the left leg into right neko ashi dachi, simultaneously swing right hand in a circular action to hook your opponent with right haito mawashi uchi, strike left chudan yohon nukite.*
- 27) *Execute a small mae shuto mawashi uke action and push with both palms down the centre.*
- 28) *Naore - Step back into musubi dachi hands.*
- 29) *Yasume – Step into judo dachi.      END*