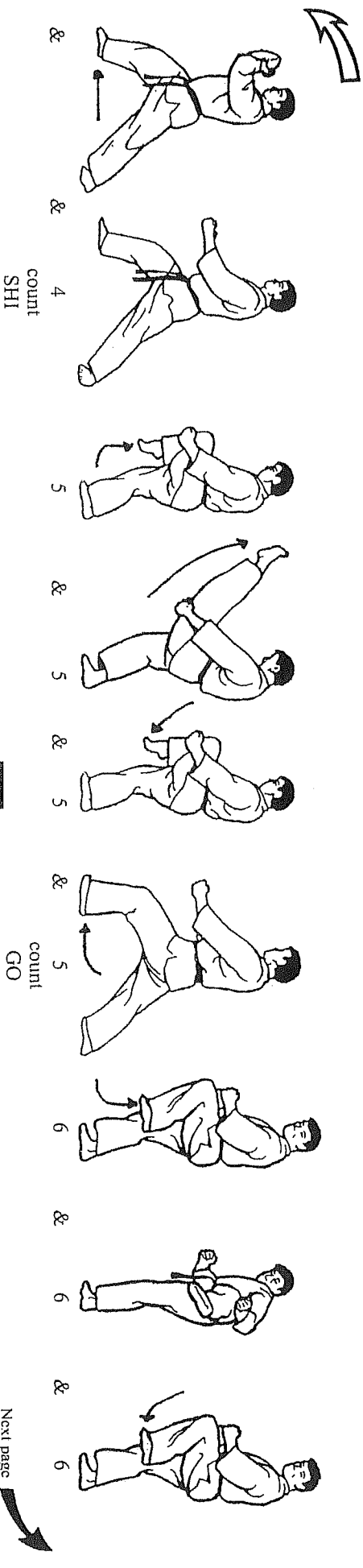
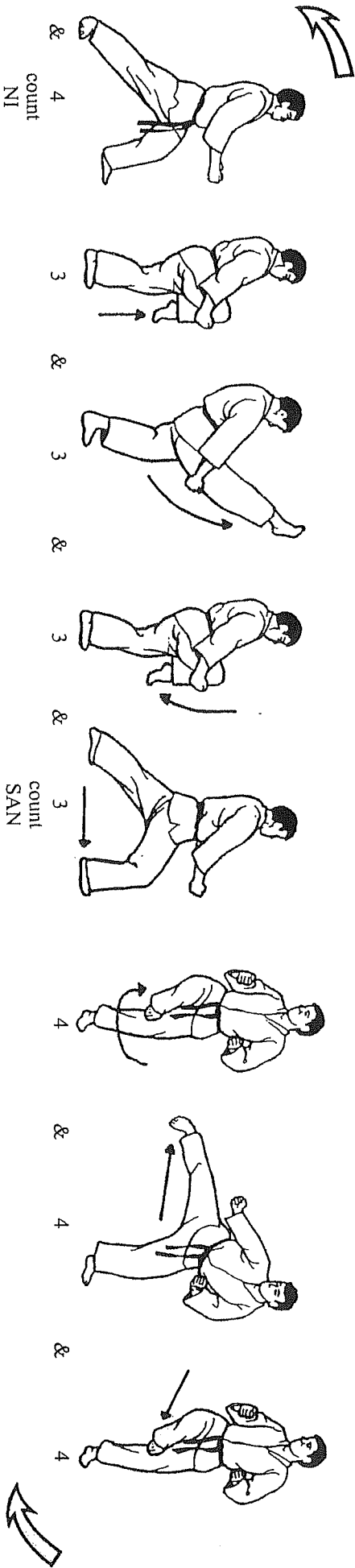
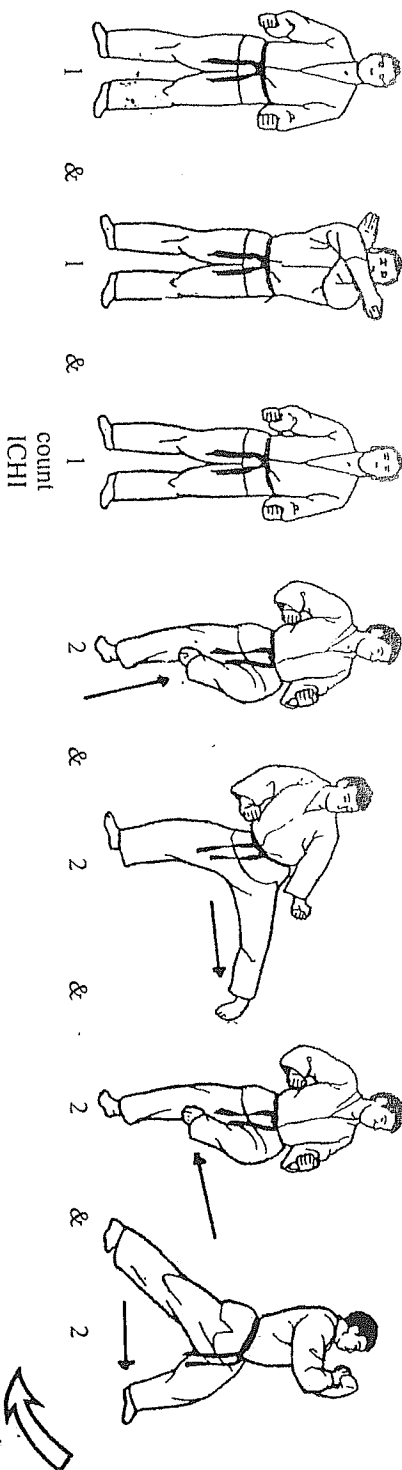
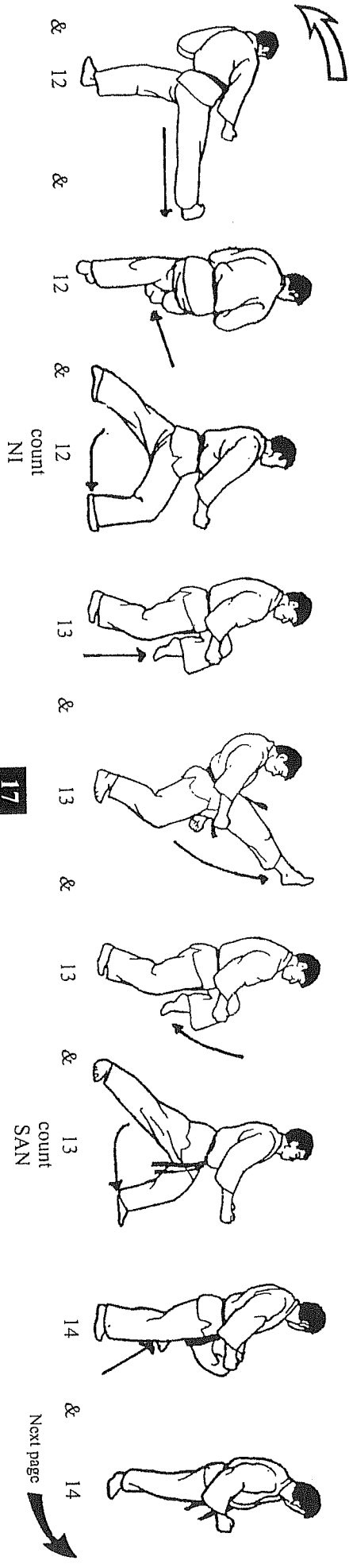
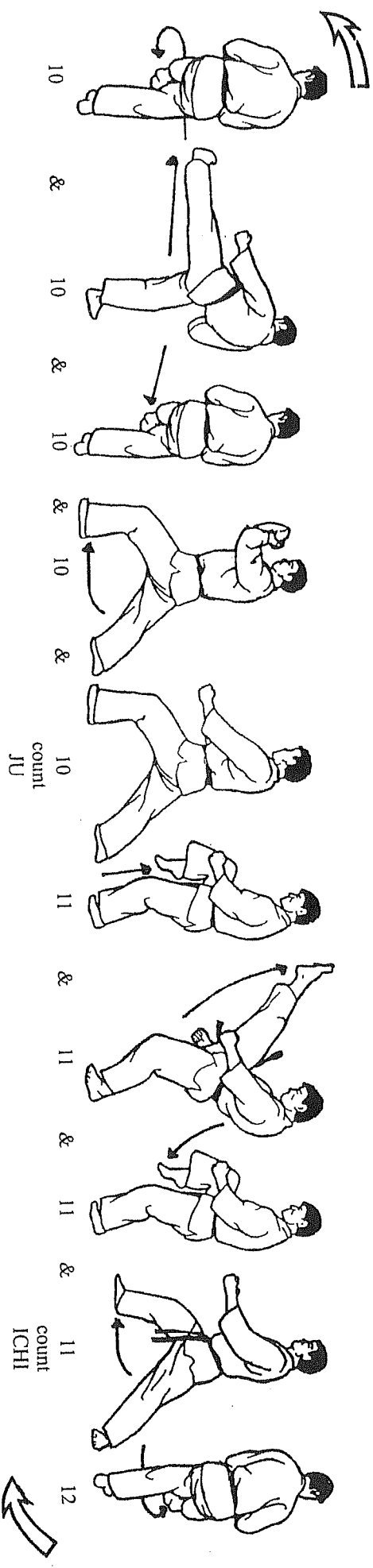
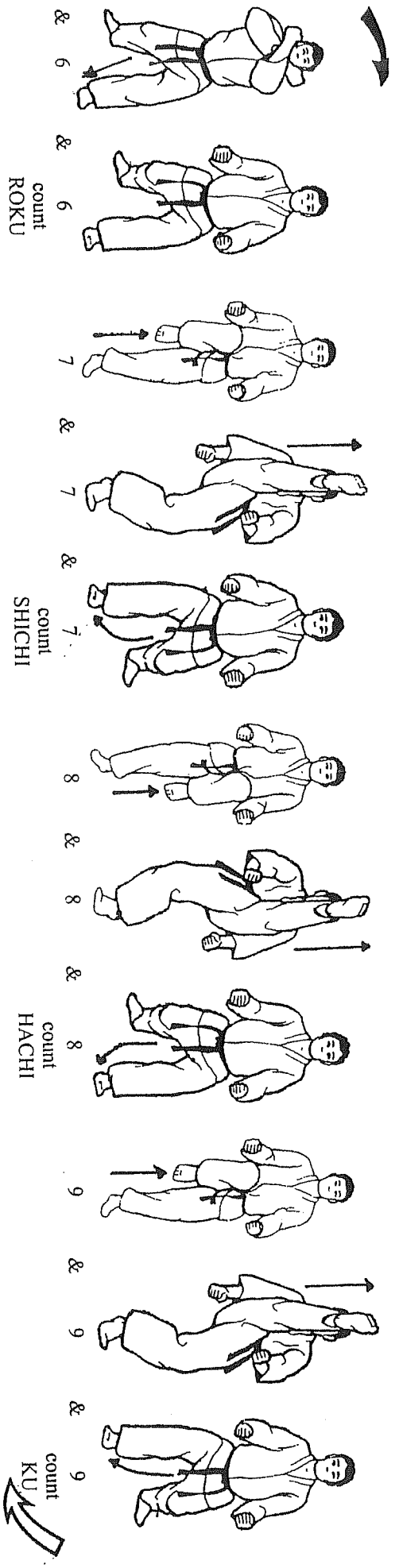




Taikyoku Sokuji Ichi

START





TAIKYOKU SOKUGI ICHI

- 1) *Fudo dachi* – “*Taikyoku Sokugi Ichi, yoi*”
- 2) Kick left kansetsu geri 90° to your left, pivoting anti-clockwise into left zenkutsu dachi.
- 3) Kick right jodan mae geri, step forward into right zenkutsu dachi.
- 4) *MAE KENGE*
MAE GERI Pivot on the left leg turning clockwise 180°, kick right kansetsu geri, step into right zenkutsu dachi.
- 5) Kick left jodan mae geri, step forward into left zenkutsu dachi.
- 6) Kick left kansetsu geri 90° to your left, pivoting anti-clockwise into left zenkutsu dachi.
- 7) Kick right jodan mae geri, step forward into right zenkutsu dachi.
- 8) Kick left jodan mae geri, step forward into left zenkutsu dachi.
- 9) Kick right jodan mae geri, kiai, step forward into right zenkutsu dachi.
- 10) Pivot on the right leg 90°, kick left kansetsu geri, and pivot anti-clockwise into left zenkutsu dachi.
- 11) Kick right jodan mae geri, step forward into right zenkutsu dachi.
- 12) Pivot on the left leg turning clockwise 180°, kick right kansetsu geri, step into right zenkutsu dachi.
- 13) Kick left jodan mae geri, step forward into left zenkutsu dachi.
- 15) Pivot on the right leg anti-clockwise 90°, kick left kansetsu geri, and step into left zenkutsu dachi.
- 16) Kick right jodan mae geri, step forward into right zenkutsu dachi.
- 17) Kick left jodan mae geri, step forward into left zenkutsu dachi.
- 18) Kick right jodan mae geri, kiai, step forward into right zenkutsu dachi.
- 19) Pivot on the right leg anti-clockwise 90°, kick left kansetsu geri, and step into left zenkutsu dachi.
- 20) Kick right jodan mae geri, step forward into right zenkutsu dachi.
- 21) Pivot on the left leg turning clockwise 180°, kick right kansetsu geri, step into right zenkutsu dachi.
- 22) Kick left jodan mae geri, step forward into left zenkutsu dachi.
- 23) Step back with left leg into *fudo dachi*. *END*

