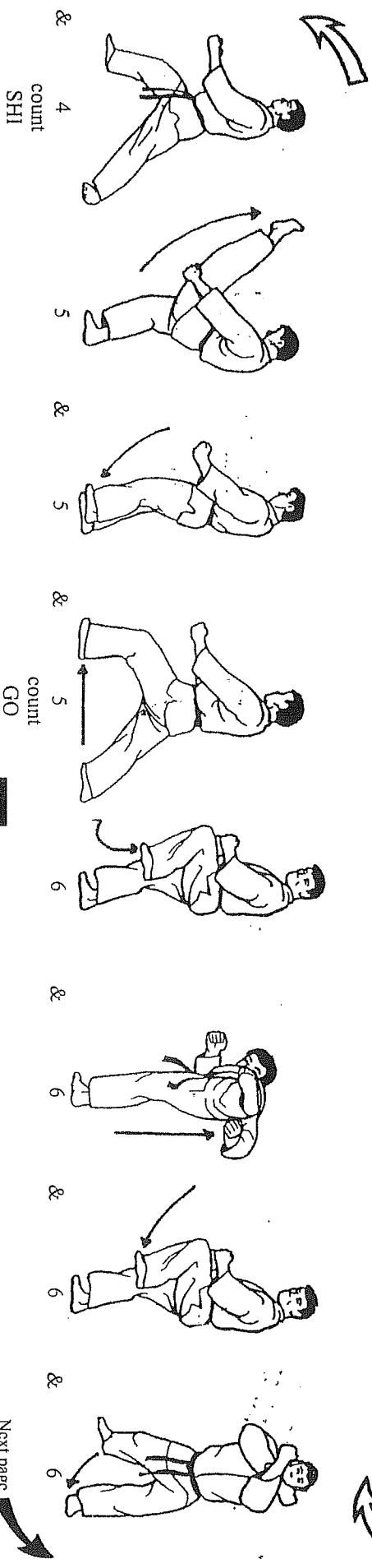
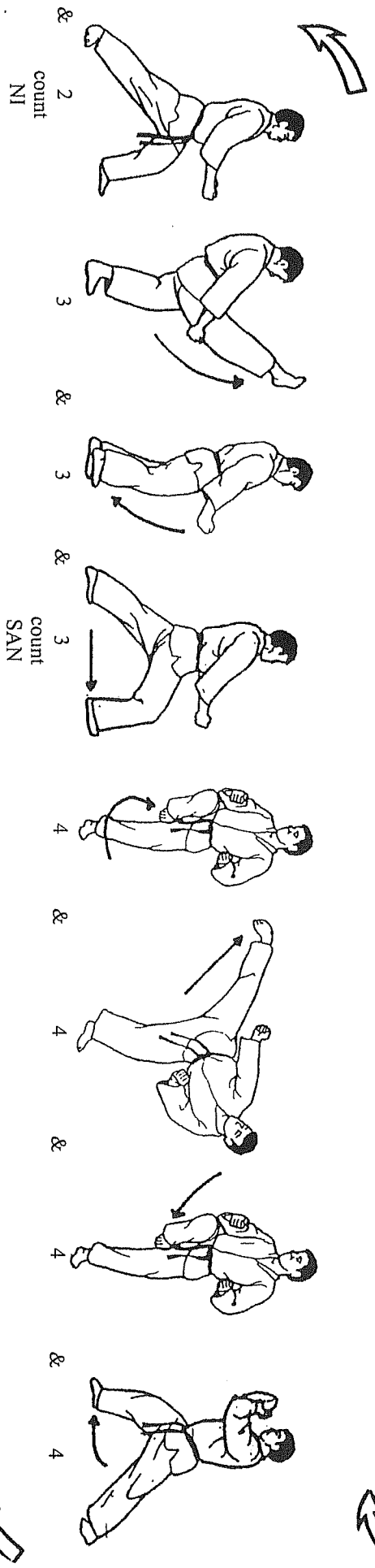
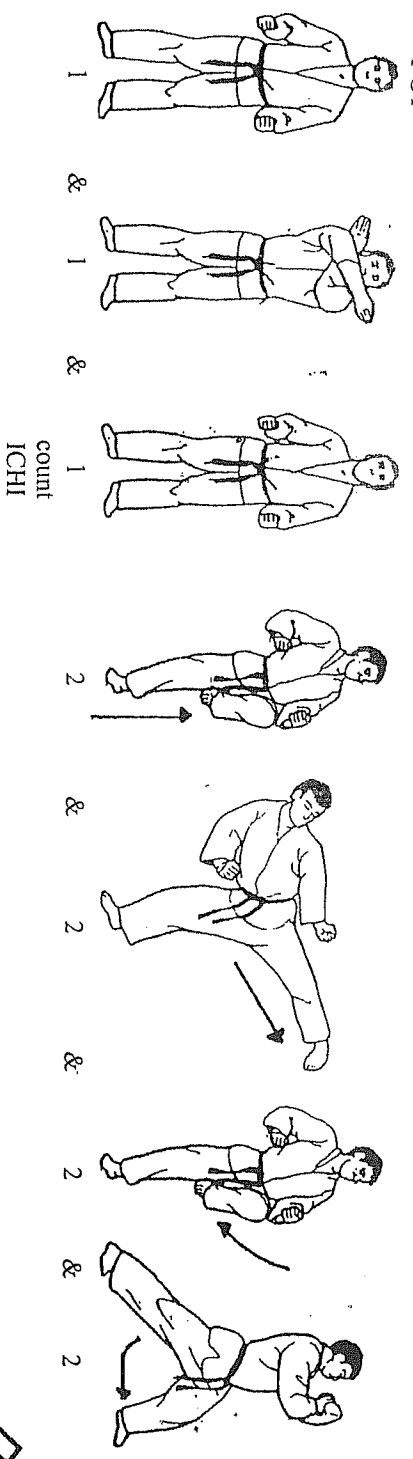
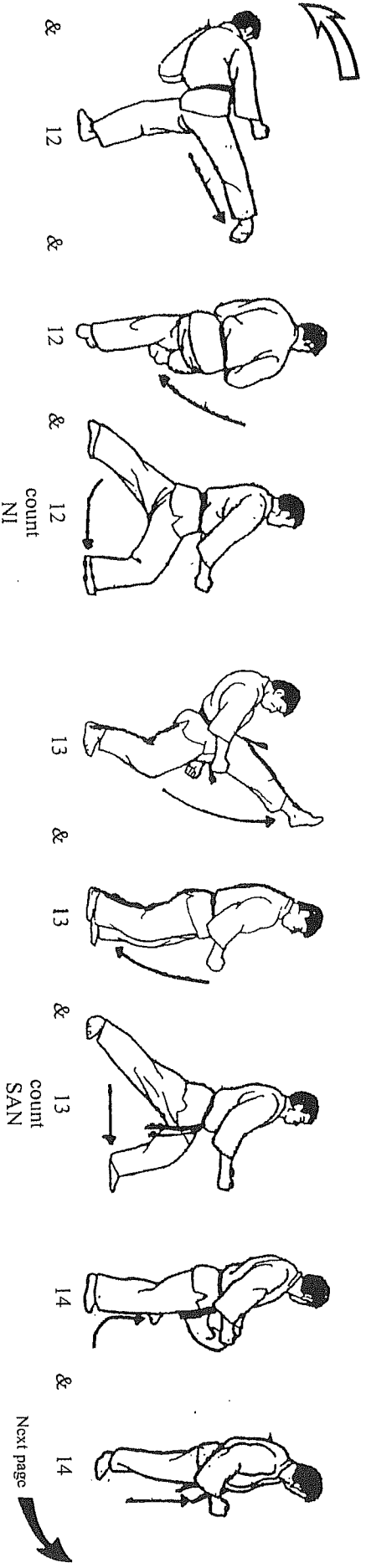
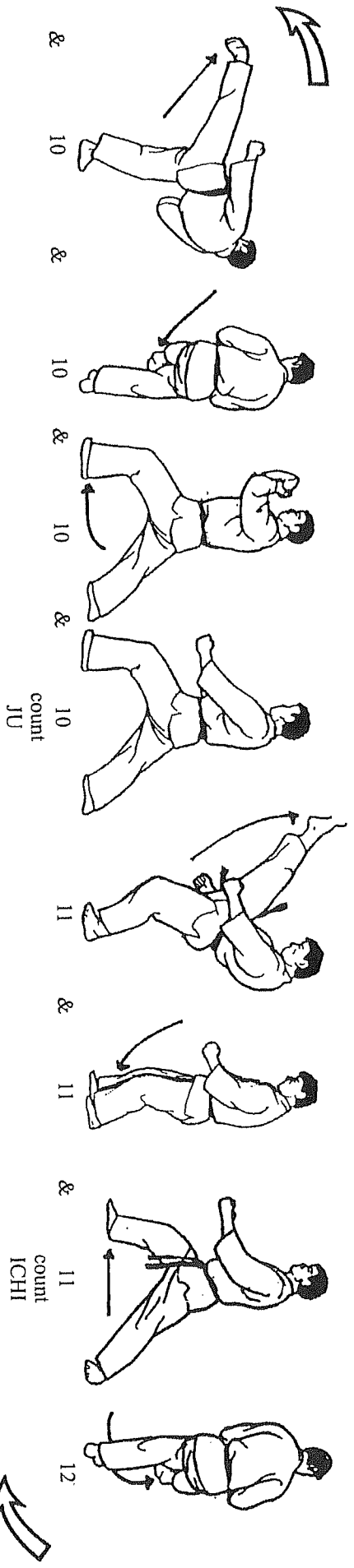
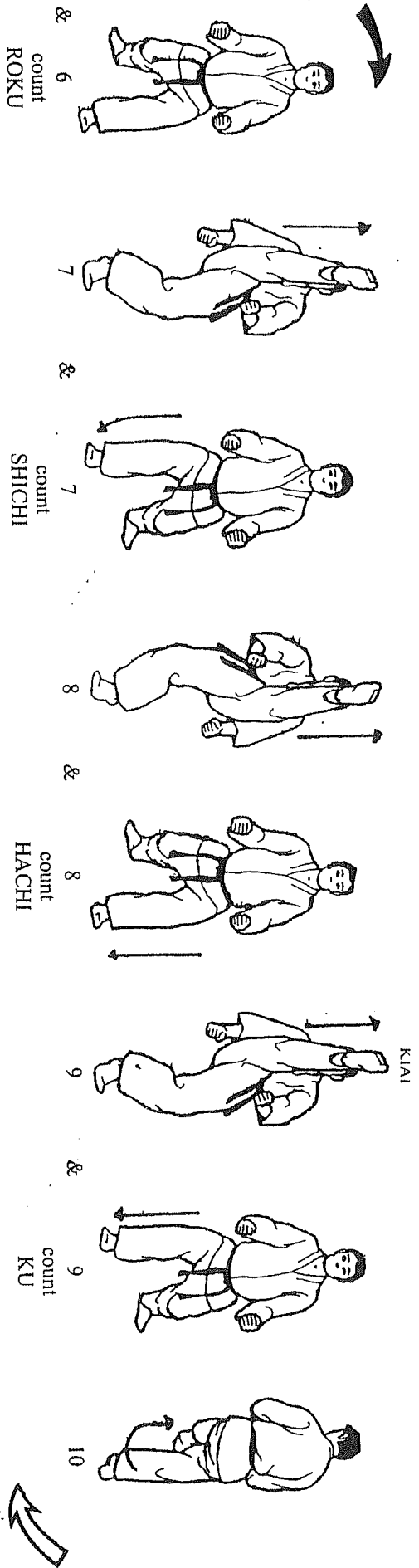


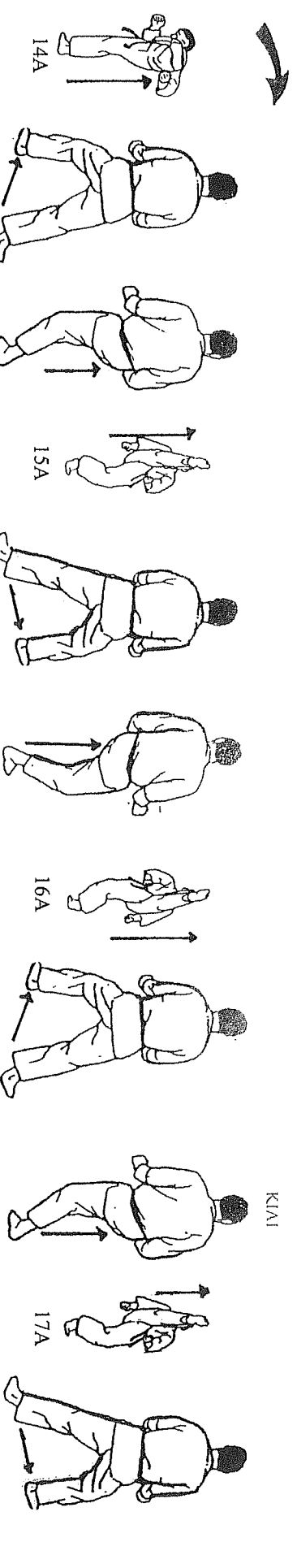
'TAIKYOKU SOKUGI NI'
- 'YOI'

Taikyoku Sokuji ni

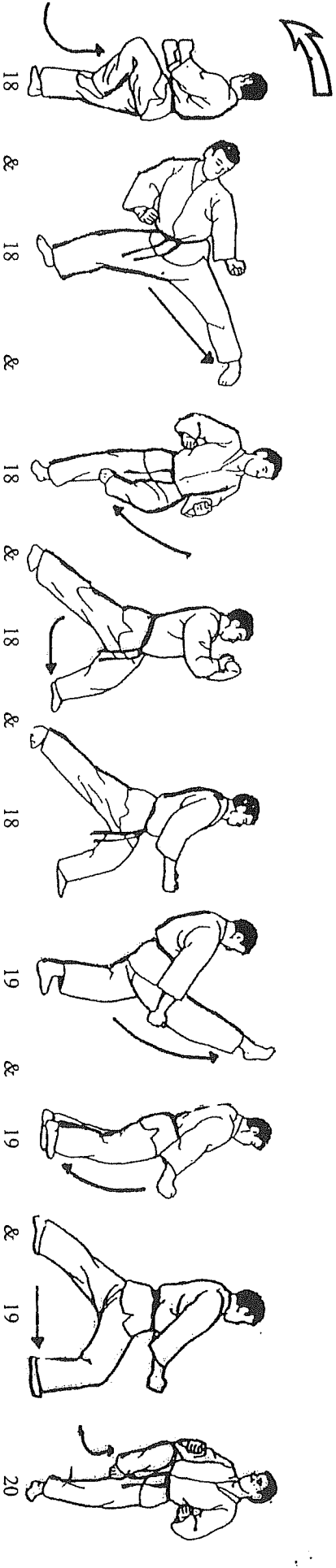
START



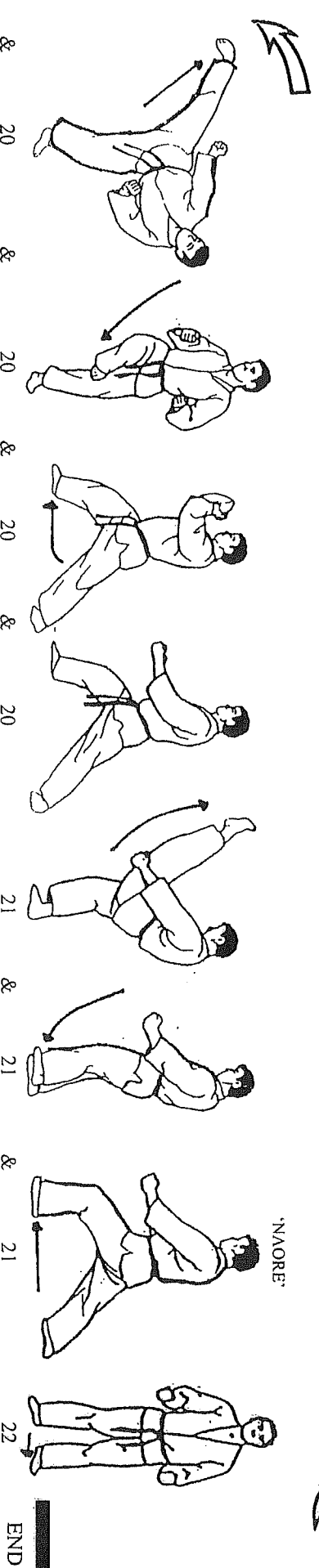




14 count SHI
 15
 15A
 15 count GO
 16
 16A
 16 count ROKU
 17
 17A
 17 count SHICHI



18
 18
 18
 18 count HACHI
 19
 19
 19
 19 count KU
 20



20
 20
 20
 20 count JU
 21
 21
 21
 21
 21
 21
 21
 22
 END

TAIKYOKU SOKUGI NI

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

YODAN MAE GERI
NOT

MAE GERI