



Yoi



Soto Uke



Soto Uke - Gedan Barai



Soto Uke - Gedan Barai



Turn180



Soto Uke



Soto Uke - Gedan Barai



Soto Uke - Gedan Barai



Turn 90 Soto Uke



Spear Hand



Step Front Foot Across



Step Round



Tetsui Strike



Junzuki



Step Up Turn



Step Forward



Block Past



Tetsui Strike



Step Forward



Block Past



Tetsui Strike



Step Forward



Block Past



Tetsui Strike



Junzuki



Step R. Leg Up



Step L. Leg Across



Turn - Empi - Strike



Step Across



Empi Strike



Yamae