

# Exercise 1

## Teaches:

To push from the centre with techniques  
Correct Naihanchi Dachi  
No white-toes in stance!

## Sequence:

- Yoi – Left Foot Out
- 10 Single Block (Outer Forearm Strike) – Left Hand First
- 10 Double Block (Extended Hand Down)
- 10 Face Block (Rising Strike – Low Hand Up)
- 10 Block Combinations (Naihanchi Punch, Inner Forearm, Lower)  
(Retracted Hand First)
- 10 Block, Punch (Inner Forearm, Middle Punch – Retracted Blocks First)  
Repeat – Opposite Side
- 10 Ayaku Uchi Komi (Retracted Hand Strikes First)  
Repeat – Opposite Side
- 10 High / Low Combination (Hi, Low, Low, Hi – Retracted Hand First,  
Alternating Sides)
- 10 High / Mid / Low Combination (Hi, Mid, Low, Low, Mid, Hi – Retracted  
Hand First)
- 10 Crossing Block (Punch – Low, Low, Hi, Hi)  
Yamae – Left Foot In  
Left Seisan Dachi (Right Foot Back)
- 10 Right Mae Geri (Front Kick)  
Kai Te (Change Stances)  
Right Seisan Dachi (Left Foot back)
- 10 Left Mae Geri (Front Kick)  
Yamae  
Kyotsuke – Left Foot In  
Rei