

Exercise 10

Teaches:

Sequence:

- Yoi – Left Foot Out
1. Left Single Block
 2. Right Hand, thrust down fist closed, palm up, Left Hand cover up, open hand.
 3. Right foot steps in, feet together, Right Open Hand Single Block.
 4. Right foot half circle out to Shizen dachi
 5. Right Back Hand slaps Left palm at centreline
 6. Right Single Block
(End of First Count)
 7. Left Hand, thrust down fist closed, palm up, Left Hand cover up, open hand.
 8. Left foot steps in, feet together, Left Open Hand Single Block.
 9. Left foot half circle out to Shizen Dachi
 10. Left Back Hand slaps Right palm at centreline
 11. Left Single Block
(End of Second Count)

(Repeat 10 times)

Yoi – Left Foot In