

## Exercise 2

### Teaches:

To pivot from the centre in Nekoashi Dachi  
Four corner stepping footwork  
The "Left Behind" Exercise

### Sequence:

- Yoi – Left Foot Out
1. Look Left
  2. Left Nekoashi Dachi, Outside Block
  3. Turn, Right Nekoashi Dachi, Outside Block
  4. Turn, Left Nekoashi Dachi, Outside Block
  5. Turn, Right Nekoashi Dachi, Outside Block
  6. Turn, Left Nekoashi Dachi, High Block
  7. Turn, Right Nekoashi Dachi, High Block
  8. Turn, Left Nekoashi Dachi, High Block
  9. Turn, Right Nekoashi Dachi, High Block
  10. Turn, Left Seisan Dachi, Double Block – Left High
  11. Turn – Front Foot, Right Seisan Dachi, Double Block – Right High
  12. Turn, Left Seisan Dachi, Double Block – Left High
  13. Turn – Front Foot, Right Seisan Dachi, Double Block – Right High
  14. Turn, Left Seisan Dachi, Right Punch
  15. Turn – Front Foot, Right Seisan Dachi, Left Punch
  16. Turn, Left Seisan Dachi, Right Punch
  17. Turn – Front Foot, Right Seisan Dachi, Left Punch
- Yamae – left Foot Up  
Kyotsuke – Right Foot In  
Rei