

Exercise 3

Teaches:

Hand Combination

Blended Coordination

"The Exercise 3 Poem"

Single, Double; Single Double

Face, Triple, Triple; Face Triple, Triple

Block, Punch; Pull, Punch, Punch

Block, Punch; Pull, Punch, Punch

Single.

(Repeat 3 times, then Double, Double to finish)

Sequence:

- Yoi – Left Foot Out
1. Naihanchi Dachi, Left Outer Block, Double Block (Left Hand Low)
(Single Double...)
 2. Right Outer Block, Double Block (Right Hand Low)
(Single Double...)
 3. Face Block (Low Hand), Naihanchi Punch, Outer Block, Low Block
(Retracted Hand), Naihanchi Punch, Outer Block, Low Block (Retracted
Hand)
(Face, Triple, Triple...)
 4. Face Block (Retracted Hand), Naihanchi Punch, Outer Block, Low Block
(Retracted Hand), Naihanchi Punch, Outer Block, Low Block (Retracted
Hand)
(Face, Triple, Triple...)
 5. Inner Block, Chudan Punch (Retracted Hand), Inner Block, Jodan
Inverted Punch, Chudan Inverted Punch (Extended – punching Hand)
(Block, Punch; Pull, Punch, Punch...)
 6. Inner Block, Chudan Punch (Retracted Hand), Inner Block, Jodan
Inverted Punch, Chudan Inverted Punch (Extended – punching Hand)
(Block, Punch; Pull, Punch, Punch...)
 - 7a. Outer Block (Retracted Hand) – First 2 Repeats only.
 - 7b. Double Block (Extended Hand Low), Double Block (Extended Hand Low)
3rd Repeat to finish.

Yamae – Left Foot Up

Kyotsuke – Left Foot In

Rei