

Exercise 4

Teaches:

Continuous Hand Motion
Jodan, Chudan & Gedan Hand Cover
Trapping and Driving

Sequence:

Yoi – Left Foot Out

1. Both hands, Single Block, Shizen Dachi

Start First Count

2. Right hand Down Block, Left hand High Cover
3. Right hand Face Block, Left hand Down Block
4. Right hand single block

End First Count

Start Second Count

5. Left hand Down Block, Right hand High Cover
6. Left hand Face Block, Right hand Down Block
7. Left hand Single Block

End Second Count

(Repeat 10 times)

Yoi