

## Exercise 5

### Teaches:

Advances Exercise 4 by adding footwork – brings the hands to life  
Introduces Body Turning through Footwork  
Stance Change while Covering

### Sequence:

Yoi – Left Foot Out

1. Right foot back, Nekoashi Dachi, Pinan Block

Start First Count

2. Right hand open-hand Down Block, Left hand open hand High Cover
3. Right hand open hand Face Block, Left hand open hand Down Block
4. Left foot back, Right foot forward, Nekoashi Dachi,  
Right hand open hand single block

End First Count

Start Second Count

5. Left hand open hand Down Block, Right hand open hand High Cover
6. Left hand open hand Face Block, Right hand open hand Down Block
7. Right foot back, Left foot forward, Nekoashi Dachi,  
Left hand open hand Single Block

End Second Count

(Repeat 10 times)

Yoi