

Exercise 6

Teaches:

Use of Wrist and Hands within Body Perimeter
Use of Elbow to create faster rotation/motion

Sequence:

Yoi – Left Foot Out

1. Shizen Dachi, Left Hand Wrist Block under Right Elbow, Right Hand by right cheek

Start First Count

2. Left Hand low Palm Press, Right Hand side Palm Press, on top of left
3. Left Hand pulls back, Palm Up, Right Hand Wrist Block forward
4. Right Hand side Palm Press across to left
5. Right Hand, Wrist Block across to right
6. Right Hand, side Palm Press across to left, then wrap
7. Left Hand drives under Right Hand, then scoop up to Left Cheek, Right Hand under Left Elbow.

End of First Count

Start Second Count

2. Right Hand low Palm Press, Left Hand side Palm Press, on top of right
3. Right Hand pulls back, Palm Up, Left Hand Wrist Block forward
4. Left Hand side Palm Press across to right
5. Left Hand, Wrist Block across to left
6. Left Hand, side Palm Press across to right, then wrap
7. Right Hand drives under Left Hand, then scoop up to Right Cheek, Left Hand under Right Elbow.

(Repeat 10 times)

Yoi