

Exercise 7

Teaches:

Release of constriction commonly felt in Exercise 6 by allowing longer range of motion (for penetration) without sacrificing core principles. Achieved through Footwork

Transfer of weight between hands without leaning

Sequence:

Yoi – Left Foot Out

1. Right foot back, Kaki Dachi, Left open hand cover.

Start First Forward Count

2. Right foot steps up, feet together, Left Hand low Palm Press, Right Hand side Palm Press, on top of left
3. Right foot forward, Maki Dachi, 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 Forward Count

2. Left foot steps up, feet together, Right Hand low Palm Press, Left Hand side Palm Press, on top of right
3. Left foot forward, Maki Dachi, 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 Forward count 3 times, same for Backward count 3 times)

Yoi