

Exercise 8

Teaches:

Further centralised pivoting (as in Exercise 2)
Introducing 180 Degree turns as in Kuzushi Kata
Perpetual Hand Motion created by Body Movement
Coordination of Natural Body Motion combined with controlled deliberate targeting to Jodan, Chudan and Gedan areas.

Sequence:

- Yoi – Left Foot Out
1. Look Left
 2. Turn 90, Left Nekoashi Dachi, Left Single Block
 3. Turn 180, Right Nekoashi Dachi, Double Block – Right High
 4. Turn 90, Left Nekoashi Dachi, Left Face Block
 5. Turn 180, Right Nekoashi Dachi, Right Single Block
 6. Turn 90, Left Nekoashi Dachi, Left Double Block
 7. Turn 180, Right Nekoashi Dachi, Right Face Block
 8. Turn 90, Left Nekoashi Dachi, Left Single Block
 9. Turn 180, Right Nekoashi Dachi, Right Double Block
 10. Turn 90, Left Nekoashi Dachi, Left Face Block
 11. Turn 180, Right Nekoashi Dachi, Right Single Block
 12. Turn 90, Left Nekoashi Dachi, Left Double Block
 13. Turn 180, Right Nekoashi Dachi, Right Face Block
 14. Turn 90, Left Nekoashi Dachi, Left Single Block
 15. Turn 180, Right Nekoashi Dachi, Right Double Block
 16. Turn 90, Left Nekoashi Dachi, Left Face Block
 17. Turn 180, Right Nekoashi Dachi, Right Single Block
 18. Turn 90, Left Nekoashi Dachi, Left Double Block
 19. Turn 180, Right Nekoashi Dachi, Right Face Block
 20. Turn 90, Left Nekoashi Dachi, Left Single Block
- Yamae – Right Foot Up
Kyotsuke – Right Foot In
Rei