

Exercise 9

Teaches:

Trapping through body rotation and weight transfer
Application of the drum motion to power technique

Sequence:

1. Yoi – Left Foot Out
2. Right Foot in, Feet together, Open Hand Double Block, Right Hand Low, Both Palms Up (Thrust Right Hand Jn), Body on Left 45
3. Right Foot Out, Right Maki Dachi, Open Hand Double Block, Right Hand High, Left Low, Right Palm Up, Left Palm Down.
4. Pivot Body to Left Maki Dachi, Roll Right Hand Under to Cross Block, Right Hand on Bottom
5. Pivot Body to Right Maki Dachi, Wrap Right Hand and Chamber, Left Hand Chudan Nukite
(End of First Count)
6. Pivot Body to Left Maki Dachi, Open Hand Double Block, Left Hand High, Right Low, Left Palm Up, Right Palm Down.
7. Pivot Body to Right Maki Dachi, Roll Left Hand Under to Cross Block, Left Hand on Bottom
8. Pivot Body to Left Maki Dachi, Wrap Left Hand and Chamber, Right Hand Chudan Nukite
(End of Second Count)

(Repeat 10 times)

Yoi – Left Foot Jn