

Naihanchi Nidan

- Yoi - Feet Apart
1. Look
 2. Step across, Double Punch Down
 3. Pull - Kiai
 4. Step behind, out - Kiai
 5. Step across, in
 6. Step behind, out
 7. Look
 8. Step across, pull - Kiai
 9. Step behind, out - Kiai
 10. Step across, in
 11. Step behind, out
 12. 1st flat hand pull
 13. Down punch
 14. Elbow - Kiai
 15. Knife hand
 16. Naihanchi punch
 17. Step across
 18. Step behind, single double block - Kiai
 19. Face punch
 20. 2nd flat hand pull
 21. Down punch
 22. Elbow - Kiai
 23. Knife hand
 24. Naihanchi punch
 25. Step across
 26. Step behind, single double block - Kiai
 27. Face punch - Kiai
- Left foot in.
Yamae
Push
Kyotuske - Left Foot In
Rei
Yoi - Left Foot Out