

Naihanchi Sandan

1. Left Outside block
 2. Double block - Kiai
 3. Side block
 4. Face Punch
 5. Drops and pull
 6. Punch
 7. Outside Block
 8. Step across, behind and Outside Block - Kiai
 9. Down block
 10. Pull
 11. Punch - Kiai
 12. Double block
 13. Double block
 14. Face Punch
 15. Step across, behind Side block - Kiai
 16. Face punch
 17. Drop and pull
 18. Punch
 19. Outside block
 20. Step across, behind side and Outside Block - Kiai
 21. Down block
 22. Pull
 23. Punch - Kiai
 24. Knife hand - Kiai
 25. Naihanchi punch
 26. Step across, behind single double
 27. Face punch - Kiai
- Right Foot In
Yamae
Push
Kyotsuke - Left Foot In
Rei - Left Foot Out