

Naihanchi Shodan

1. Look
2. Step Across
3. Step behind, Knife Hand - Kiai
4. Elbow
5. Pull - Kiai
6. Down Block
7. Naihanchi Punch
8. 1st Crossover
9. Step Behind, Single, Double Block - Kiai
10. 1st Face Punch - Kiai
11. Left Kick, Out & In
12. Right Kick, In
13. Pull
14. Left 2 Hand Cover - Kiai
15. Knife Hand
16. Elbow
17. Pull
18. Down Block
19. Naihanchi Punch
20. 2nd Crossover
21. Step Behind, Single, Double Punch - Kiai
22. Face Punch - Kiai
23. Right Kick Out & In
24. Left Kick, In
25. Pull
26. Right 2 Hand Cover - Kiai
27. Yoi
Push
Kyotsuke
Rei
Yoi - Left Foot Out