

Niseishi

1. Up, Double Outer Block
2. Cover pull, left Neko Ashi
3. Punch
4. Double double
5. Turn, double strike
6. Double strike, knife hand
7. Kick, punch, knife hand
8. Kick, naihanchi punch
9. Double Palm
10. Turn, high block
11. Hands together, strike
12. Left seisan, block
13. Step punch
14. Double double
15. Left seisan, block
16. Step punch
17. Double double
18. Left seisan, block
19. Step punch
20. Double double
21. Turn around with pull
22. Double punch
23. Feet together
24. Neko ashi
25. Yamae