

Passai

1. Cat stance
2. T- block
3. Horse stance with double outside block
4. Open and close strike
5. Pull
6. Down block, naihanchi Punch
7. Kick, hand out
8. Inside block, knife hand
9. Knife hand
10. Punch
11. Double punch
12. First nekoashi with pinan block (right foot out)
13. Pinan block
14. Pinan block and down
15. Kick and turn
16. Right seisan, pinan block
17. Left seisan, pinan block
18. Feet together
19. Cat, hands together
20. Naihanchi, hand behind head
21. Inside block
22. Seisan block, feet together
23. Down block
24. Kick, turn down punch
25. one-two punch
26. Turn, pull
27. Double punch
28. Pull, double punch
29. Pull, double punch
30. Outside block
31. 2nd outside block
32. Right cat, pinan block
33. Step behind, left cat, pinan block
34. Left cat, pinan block
35. Yamae