

# Tomari Seisan

- Yoi - Left Foot Out
1. Right Seisan, Seisan block - Kiai
  2. Pull
  3. Punch - Kiai
  4. Left Seisan, Seisan block - Kiai
  5. Pull
  6. Punch - Kiai
  7. Slow pull - tension
  8. Right Seisan, Seisan block - Kiai
  9. Pull
  10. Punch - Kiai
  11. Double Pull
  12. Double Punch
  13. Double, Double - Kiai
  14. Double Flat Hand Pull
  15. Down Finger Spear - Nukite
  16. Knee (Kiai), Turn, Right Foot Back, Right Hand up - Kiai
  17. Left Foot Back, Right Hand up - Kiai
  18. Right Foot Back Right Hand up - Kiai
  19. Turn Left In Seisan
  20. Shuffle, Double Punch
  21. Single Punch & Turn
  22. Shuffle, Double Punch
  23. Single Punch, Turn
  24. Step Forward
  25. Side Kick, Down Block - Kiai
  26. Turn, Right Seisan
  27. Step Forward
  28. Side Kick, Down Block - Kiai
  29. Hand To Foot
  30. Punch Down - Kiai
  31. Left Seisan, Turn & Pull
  32. Double Punch (Right High) - Kiai
  33. Feet Together
  34. Nekoashi, Right Knifehand Down - Kiai
  35. Yamae - Feet Apart
- Push  
Kyotsuke - left Foot In  
Rei