



Technique A

Step back with right foot (zuri ashi dachi) to left forward high stance simultaneously performing left upward block (age uke).

Right punch (seiken tsuki) to opponent's chest.

Right thrust kick (mae keru kekomi) to front and land with right foot back (zuri ashi dachi) into left forward high fighting stance.

Technique B

Step back with right foot (zuri ashi dachi) to left forward high stance simultaneously performing left upward block (age uke).

Left stomach block (osae uke) with forearm or open palm.

Right punch (seiken tsuki) to opponent's chest.

Left roundhouse kick (mawashi geri) to front with instep of foot and land into left forward high fighting stance (zuri ashi dachi).

Technique C

Step back with left foot (zuri ashi dachi) to right forward high stance simultaneously performing right upward block (age uke).

Left stomach block (osae uke) with forearm or open palm.

Right back fist (uraken uchi) to opponent's head.

Right side kick (yoko geri) to front and land into right forward high fighting stance (zuri ashi dachi).

Technique D

Step 45 degrees forward with left foot into low squat (kiba dachi) simultaneously performing right upward block (age uke) followed by left underhand punch (shita tsuki) to opponent's ribs.

Technique D (optional)

Step 45 degrees forward with left foot into low squat (kiba dachi) simultaneously performing right upward block (age uke). Grab (kake) opponent's right forearm with right hand and pull down simultaneously performing left vertical punch (tate uke) to opponent's head.