



GREEN CHART 1- 10

1. COVER: Step back with right foot (zentshutsu dachi) to left forward stance simultaneously performing left downward block (gedan barai).

STRIKE: Step forward with right foot (zentshutsu dachi) to right forward stance simultaneously performing right punch (seiken tsuki) to opponent's head followed by left punch (seiken tsuki) to opponent's chest.

RETURN TO COVER: Step back with right foot (zentshutsu dachi) to left forward stance simultaneously performing left downward block (gedan barai).

2. COVER: Step back with right foot (zentshutsu dachi) to left forward stance simultaneously performing left downward block (gedan barai).

STRIKE: Step forward with right foot (zentshutsu dachi) to right forward stance simultaneously performing right punch (seiken tsuki) to opponent's chest followed by left upward block (age uke) followed by right punch (seiken tsuki) to opponent's chest.

RETURN TO COVER: Step back with right foot (zentshutsu dachi) to left forward stance simultaneously performing left downward block (gedan barai).

3. COVER: Step back with right foot (zentshutsu dachi) to left forward stance simultaneously performing left downward block (gedan barai).

STRIKE: Right thrust kick (mae geri kekomi) to front and land with right foot forward followed by right punch (seiken tsuki) to opponent's head.

Left roundhouse kick (mawashi geri) to front and land with left foot next to the right foot then step back with the right foot (zuri achi dachi) to left forward high fighting stance.

4. COVER: Step back with right foot (zentshutsu dachi) to left forward stance simultaneously performing left downward block (gedan barai).

BLOCK: High outward block with left hand, high inward block with right hand.

STRIKE: Right reverse punch, step forward into right front zentshutsu dachi, right punch to chest. Step back with the right foot (zuri achi dachi) to left forward high fighting stance.

5. COVER: Step back with right foot (zentshutsu dachi) to left forward stance simultaneously performing left downward block (gedan barai).

STRIKE: Right reverse punch, step forward into right front zentshutsu dachi, right punch to chest.

Switch feet position and then immediately execute a right mae geri, then settle into a left forward high fighting stance.

6. COVER: Step back with right foot to left forward kumite position (moto dachi) hand in forward cover.

KICK: Slide right foot forward and land with right foot next to the left foot followed by left mae geri to stomach. Drop left foot down left forward kumite position (moto dachi) hands in forward cover.

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7. COVER: Step back with left foot to right forward kumite position (moto dachi) hand in forward cover.

KICK: Slide left foot and land with left foot next to the right foot followed by right mae geri to stomach. Drop right foot down to left forward kumite position (moto dachi) hands in forward cover.

8. COVER: Step back with right foot to left forward kumite position (moto dachi) hands in forward cover.

KICK: Slightly shift weight to rear foot, slide right forward approximately 4"-6" while simultaneously and quickly executing left mae geri with penetration (in all this is called the Mantis Shrimp Kick). Drop left foot into left forward kumite position (moto dachi) hands in forward cover.

9. COVER: Step back with left foot to right forward kumite position (moto dachi) hands in forward cover.

STRIKE (Mantis Shrimp Kick): Slightly shift weight to rear foot, slide left forward approximately 4"-6" while simultaneously and quickly executing right mae geri with penetration (in all this is called the "Mantis Shrimp Kick"). Drop right foot into left forward kumite position (moto dachi) hands in forward cover.

10. COVER: Step back with right foot (zentshutsu dachi) to left forward stance simultaneously performing left downward block (gedan barai).

STRIKE: Right reverse punch, step forward while simultaneously executing right tseken tsuki, landing in right front zentshutsu dachi.

Left reverse punch, left side kick (sokuto-geri) then step back with the right foot (zuri ashi dachi), closing the sequence with a right reverse punch.