

Sequence #	ATTACKER	DEFENDER
1	Left Stance (Sanchin dachi) Right Middle Front Kick (Chudan Mae Geri) Left Front Kick (Chudan Mae Geri)) Left Middle Punch (Chudan Seiken Tsuki)	Right stance (Sanchin dachi) Right down Block (Gedan Barai) Step back into left sanchin Dachi, Left Down Block (Gedan Barai) Left circle block (Wauke), Right Middle Punch (Chudan Seiken Tsuki)
2	Right Stance (Sanchin dachi) Step through left middle punch (Chudan Seiken Tsuki) Right middle front kick (Chudan Mae Geri) Standing Left middle punch (Chudan Seiken Tsuki)	Right stance (Sanchin dachi) Shuffle back, right circle block (Wauke) Shuffle back, right down block (Gedan Barai) Shuffle back, right circle block (Wauke), Left rising palm heel strike (Jodan Boshiken)
3	Right Stance (Sanchin dachi) Step through left high punch (Jodan Seiken Tsuki) Left low round kick (Mawashi Geri) Right middle round kick (Chudan Mawashi Geri) Step through right middle punch (Chudan Seiken Tsuki)	Right stance (Sanchin dachi) Shuffle back, right high forearm block (Jodan Hiraken Uke) Rising knee block, right down block (Gedan Barai) Still in right stance, Shuffle back, Uechi cross block (Right hand low) Shuffle back in right stance, Right circle block (Wauke), Right Front Kick (Mae Geri)
4	Left Stance (Sanchin dachi) Right front kick (Chudan Mae Geri) Step through left middle punch (Chudan Seiken Tsuki) Step through right middle punch (Chudan Seiken Tsuki)	Right stance (Sanchin dachi) Right inside-out low sweeping block Shuffle back, Right circle block (Wauke) Step back into left stance (sanchin dachi), Left sweeping down block), Right spear hand to throat (Nukite)
5	Right Stance (Sanchin dachi) Step through left middle punch (Chudan Seiken Tsuki) Left low front kick (Mae Geri) Right high round kick (Jodan Mawashi Geri) Step through right high punch (Jodan Seiken Tsuki)	Right stance (Sanchin dachi) Right circle block (Wauke) Right down block (Gedan Barai) Still in right stance, Double forearm block Right rising forearm block (Hiraken Uke), right Uechi elbow strike to ribs (Hiji Tsuki)

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6	<p>Right stance (Sanchin dachi)</p> <p>Step through left middle punch (Chudan Seiken Tsuki)</p> <p>Left low front kick (Mae Geri))</p> <p>Right middle front kick (Chudan Mae Geri)</p>	<p>Right stance (Sanchin dachi)</p> <p>Right circle block (Wauke)</p> <p>Right down block (Gedan Barai)</p> <p>Catch right leg with right arm coming up from underneath to scoop kicking leg, use left hand to block kick at same time, throw kicking leg to floor turning attacker's back towards you. <u>Do not give attacker momentum to execute a spinning technique.</u> Grab attacker's left rear shoulder and execute right middle punch to attacker's left kidney area. (Chudan Seiken Tsuki)</p>
7	<p>Left stance (Sanchin dachi)</p> <p>Skipping left low front kick (Mae Geri)</p> <p>Standing left high middle punch (Jodan Seiken Tsuki)</p> <p>Right middle front kick (Chudan Mae Geri)</p>	<p>Left stance (Sanchin dachi)</p> <p>Left outside- in down block (Gedan Barai)</p> <p>Shuffle back, Right rising forearm block (Hiraken Uke)</p> <p>Shuffle in with left foot forward to outside of attacker. Scoop attacker's right leg with right arm underneath attacker's kicking leg, grab attacker's right shoulder with left hand, Simultaneously pull down attacker's shoulder while lifting attacker's right leg driving attacker onto his back, (Attacker should fall properly by slapping mat with his left arm and legs simultaneously upon hitting the floor). While controlling Attackers' right arm with left hand, execute right one knuckle punch (Shoken) to Attacker's ribs (which should be open).</p>
8	<p>Left Stance (Sanchin dachi)</p> <p>Right middle front kick (Chudan mae geri), step down into right stance (Sanchin dachi)</p> <p>Right middle punch (Chudan seiken tsuki)</p> <p>Standing left high punch (Jodan seiken tsuki)</p>	<p>Right stance (Sanchin dachi)</p> <p>Shuffle back, Right downward forearm block (Gedan Barai)</p> <p>Rising knee block, Right down block (Gedan Barai)</p> <p>Still in right stance, Right inside palm block (Koi No Shippo Uchi Yoko Uchi), Strike with Crane's beak strike from San Sei ryu form (Kushinken).</p>

<p>9</p>	<p>Left Stance (Sanchin dachi)</p> <p>Sliding left front middle punch (Chudan seiken tsuki)</p> <p>Standing right middle punch (Chudan seiken tsuki)</p> <p>Right front kick (Chudan mae geri), step down into right stance (Sanchin dachi)</p> <p>Right middle punch (Chudan seiken tsuki)</p>	<p>Right stance (Sanchin dachi)</p> <p>Shuffle back in right stance, execute outside to inside right palm block</p> <p>Shuffle back in right stance, execute downward sweeping left palm block which can be found in the Seichin kata.</p> <p>Shuffle back in right stance and execute a right outside-to- in downward block to kick (Gedan Barai).</p> <p>Step back into left Sanchin, off to Attacker's right side, with left foot behind Attacker's right foot. Perform right swinging right forearm bash (Kote Uchi) to side of Attacker's neck</p>
<p>10</p>	<p>Right Stance (Sanchin dachi)</p> <p>Sliding right front middle punch (Chudan seiken tsuki)</p> <p>Standing right middle punch (Chudan seiken tsuki)</p> <p>Left rear middle kick (Chudan mae geri), step down into left stance (Sanchin dachi)</p> <p>Immediately step through into right stance and perform right middle punch (Chudan seiken tsuki)</p>	<p>Right stance (Sanchin dachi)</p> <p>Shuffle back in right stance, execute outside to inside left palm block</p> <p>Shuffle back in right stance, execute downward sweeping right palm block which can be found in the Seichin kata.</p> <p>Step back into left stance right stance and execute a left inside-to- outside downward block to kick (Gedan Barai).</p> <p>From left stance just to the left Attacker's line deflect punch with a double palm heel block, immediately follow through with right knee to nerve pint inside of attacker's right thigh or to attacker's groin. Place right foot after knee strike behind attacker's foot perform thumb strike to attacker's throat, pull down on attacker's right arm with your left arm while driving your arm down on attacker. Trip or sweep attacker to ground over your right foot. With attacker on ground use arm bar to control.</p>