



Brown Belt (1st & 2nd)

Basai

1. Pivot right 90 degrees step into left X-stance - right upset hammer-fist into left palm
2. Pivot 180 degrees into left front stance -left upset hammer-fist - right inner-crescent forearm block
3. Pivot 180 dgr. into right front front stance - right upset hammer-fist - left inner-crescent forearm block
4. Pivot 90 dgr. into right front front stance - right upset hammer-fist - left inner-crescent forearm block
5. Left leg shift to middle stance - left spear hand - right punch, inside block - left punch, inside block
6. Step into left back stance, sudo - advance right back stance, sudo - retreat left back stance, sudo - retreat right back stance, sudo
7. Right leg shift to left front stance - high X-block
8. #2 side kick land right back stance, sudo - advance left back stance, sudo
9. Bring feet together, tension twin upset hammer-fist - right front stance, twin upset punch - advance right front stance, reverse punch
10. Pivot 180 dgr. left front stance, left low palm heel, right hand fake - shift right back stance, scissor block
11. #2 inner crescent kick land middle stance, right low block - left tension back hand
12. Right inner crescent kick into right hand land middle stance, right elbow srike - scissor block (x3)
13. Shift left back stance, twin thrust punch - Shift right back stance, twin thrust punch - Shift left back stance, twin thrust punch
14. Pivot 90 dgr. left rear defense stance, right tension inner-crescent forearm block
15. Shift left rear defense stance, left tension inner-crescent forearm block
16. Shuffle right to left back stance, sudo - shufle left to right back stance, sudo