

Toe-San

1. Left back stance, double outer-forearm block
2. Left leg shift to front stance – reverse punch
3. Turn 180 degrees Right back stance, double outer-forearm block
4. Right leg shift to front stance – rev. punch
5. Turn 90 degrees left back stance, sudo
6. Step through to right front stance & fwd. spear thrust
7. Reverse Backfist - land in left front stance
8. Step up to right front stance & fwd back-fist
9. Pivot on right foot 270 degrees to left back stance, double outer-forearm block
10. Left leg shift to front stance – rev. punch
11. Turn 180 degrees right back stance, double outer-forearm block
12. Right leg shift to front stance – rev. punch
13. Shift 135 degrees to left front stance – twin knife-hand block
14. Grab with both hands - # 2 advancing push front kick – land right front stance – fwd. punch – rev. punch
15. Turn 90 degrees to right front stance – twin knife-hand block
16. Grab with both hands - #2 advancing push front kick – land left front stance – fwd. punch – rev. punch
17. Turn 45 degrees left front stance – fwd. high block
18. Step up into right front stance – fwd. high block
19. Pivot on right foot 90 degrees to middle stance – left knife-hand
20. Shuffle right into middle stance – right knife-hand
21. Boro