**1. Migi yoko-fumikomi**

Turn the head to the right, slowly cross the left foot in front of the right foot, heel raised (Kosa-dachi position), arms still stretched in front of you, open hands.

**2. Migi yoko-chudan-haishu-uke:**

(2a) Put the left heel on the ground, then raise your right knee very high and hit a crushing kick (fumikomi) right to get into position kiba-dachi.

(2b) Simultaneously, arm the right hand against the left hip and block the right hand open (haishu-uke) middle level on the right

**3. Hidari chudan mae-empi-uchi:**

On the spot, still in kiba-dachi, hit a left elbow (empi-uchi) in the open right hand. The hips remain in front.

**4. Hidari gedan-barai:**

(4a) Orient the head to the left by bringing the 2 fists in hikite (vertical left fist on the right fist) to the right hip.

(4b) On your place, always in kiba-dachi, make a low left block of the left arm (gedan-barai), right fist in hikite.

**5. Migi chudan kagi-zuki:**

On the spot, always in kiba-dachi, make a punch right hook (kagi-zuki) average level. Bring the left fist back into hikeness.

**6. Hidari yoko-fumikomi**

Cross slowly right foot over left foot, heel lifted.

**7. Migi chudan uchi-ude-uke:**

(7a) Put the right heel to the ground and then lift high the left knee and hit a crushing kick (fumikomi) left to get in position kiba-dachi.

(7b) Simultaneously, arm the right fist against the left hip and block the right fist from the inside out (uchi-ude-uke) middle level on the right. The hips and the look are from the front.

**8. Migi gedan-barai:**

On the spot, always in kiba-dachi, perform simultaneously a low parry right (gedan-barai ) and a swept defense high left (nagashi-uke). The hips remain in front.

**9 Hidari jodan nagashi-uke**

Immediately chained with a direct left-hand high-level punch (ura-zuki).

**10 Hidari jodan ura-zuki**

Left elbow resting on the back of the right fist.

**11 Hidari nami-gaeshi:**

(11a) Turn the head to the left

(11b) Make a kick sweep up the left foot (nami-gaeshi) to rest in kiba-dachi.

**12. Hidari chudan morote-tate-uke:**

Then realize on the spot a blocking reinforced left middle level (morote-tate-uke), right fist always under the left elbow.

**13. Migi nami-gaeshi:**

(13a) Orient the head to the right

(13b) Kick upward sweeping from the right foot (nami-gaeshi) to rest in kiba-dachi.

**14. Hidari chudan morote-soto-uke:**

Then make a blockage on the spot right from outside to inside medium level (morote-soto-uke), right fist always under the left elbow.

**15. Hidari chudan morote-yoko-zuki:**

(15a) Orient the head to the left, bring the 2 fists in hikit, left vertical fist on the right fist, at the right hip.

(15b) Before performing on the spot, always in kiba-dachi, a double medium-level fist attack, stretched left arm (yoko-zuki) and folded right arm (kagi-zuki).

**16. Hidari yoko-chudan-haishu-uke:**

Arm slowly and power the left hand under the right armpit and block with the left hand open (haishu-uke) middle level on the left. Right fist in hikite.

**17. Migi chudan mae-empi-uchi:**

On the spot, always in kiba-dachi, hit a right elbow (empi-uchi) in the open left hand. The hips remain in front.

**18. Migi gedan-barai:**

(18a) Orient the head to the right, bring the 2 fists in hikité (vertical right fist on the left fist) to the left hip.

(18b) On the spot, always in kiba-dachi, make a right lower arm lock right (gedan-barai), left fist in hikeness.

**19. Hidari chudan kagi-zuki:**

On the spot, always in kiba-dachi, make a left punch in hook (kagi-zuki) average level. Bring back the right fist in hikeness.

**20. Migi yoko-fumikomi:**

Slowly cross the left foot in front of the right foot, heel raised.

**21. Hidari chudan uchi-ude-uke:**

(21a) Put the left heel on the ground and then lift your right knee high and hit a crushing kick (fumikomi) right to get into the kiba-dachi position.

(21b) Simultaneously, arm the left fist against the right hip and block the left fist from the inside out (uchi-ude-uke) middle level on the left. The hips and the look are from the front.

**22. Hidari gedan-barai:**

On the spot, still in kiba-dachi, perform simultaneously a low left parade (gedan-barai) and a high right swept defense (nagashi-uke). The hips remain in front.

**23. Migi jodan nagashi-uke:**

Immediately chase with a straight right high-level punch (ura-zuki).

**24. Migi jodan ura-zuki:**

Right elbow resting on the back of the left fist.

**25. Migi nami-gaeshi:**

Turn the head to the right.

**26. Migi chudan morote-tate-uke:**

Kick up and sweep up the right foot (nami-gaeshi) to rest in kiba-dachi.

Then place a reinforced block right middle level (morote-tate-uke), left fist always under the right elbow.

**27. Hidari nami-gaeshi:**

Turn the head to the left.

**28. Migi chudan morote-soto-uke:**

(28a) Make a kick sweep up the left foot (nami-gaeshi) to rest in kiba-dachi.

(28b) Then perform on the spot a blocking left from the outside to the inside middle level (morote-soto-uke), left fist always under the right elbow.

**29. Migi chudan morote-yoko-zuki:**

(29a) Orient the head to the right, bring the 2 fists in hikite, right fist vertical on the left fist, to the left hip.

(29b) Then perform on the spot, always in kiba-dachi, a double attack middle-level fist, right arm extended (yoko-zuki) and left arm folded (kagi-zuki).

1 - Migi yoko-fumikomi / Migi yoko-chudan-haishu-uke :

- Turn the head to the right, slowly cross the left foot in front of the right foot, heel raised ( Kosa-dachi position), arms still stretched in front of you, open hands

- Put the left heel on the ground, then raise your right knee very high and hit a crushing kick ( fumikomi ) right to get into position kiba-dachi

- Simultaneously, arm the right hand against the left hip and block the right hand open (haishu-uke ) middle level on the right

2 - Hidari chudan mae-empi-uchi: On the spot, still in kiba-dachi , hit a left elbow( empi-uchi ) in the open right hand. The hips remain in front.

3 - Hidari gedan-barai:

( 3A ) Orient the head to the left by bringing the 2 fists in hikité (vertical left fist on the right fist) to the right hip.

( 3B ) On your place, always in kiba-dachi , make a low left block of the left arm ( gedan-barai ), right fist in hikité.

4 - Migi chudan kagi-zuki: On the spot, always in kiba-dachi , make a punch right hook (kagi-zuki ) average level. Bring the left fist back into hikeness.

5 - Hidari yoko-fumikomi / Migi chudan uchi-ude-uke :

( 5A ) Cross slowly right foot over left foot, heel lifted.

( 5A ) Put the right heel to the ground and then lift high the left knee and hit a crushing kick ( fumikomi ) left to get in position kiba-dachi . Simultaneously, arm the right fist against the left hip and block the right fist from the inside out ( uchi-ude-uke ) middle level on the right. The hips and the look are from the front.

6 - Migi gedan-barai / Hidari jodan nagashi-uke / Hidari jodan ura-zuki: on the spot, always in kiba-dachi , perform simultaneously a low parry right ( gedan-barai ) and a swept defense high left( nagashi-uke ) . The hips remain in front. Immediately chained with a direct left-hand high-level punch ( ura-zuki ) , left elbow resting on the back of the right fist.

7 - Hidari nami-gaeshi / Hidari chudan morote-tate-uke: Turn the head to the left, make a kick sweep up the left foot ( nami-gaeshi ) to rest in kiba-dachi , then realize on the spot a blocking reinforced left middle level ( morote-tate-uke ), right fist always under the left elbow.

8 - Migi nami-gaeshi / Hidari chudan morote-soto-uke: Orient the head to the right, kick upward sweeping from the right foot ( nami-gaeshi ) to rest in kiba-dachi , then make a blockage on the spot right from outside to inside medium level ( morote-soto-uke ), right fist always under the left elbow.

9 - Hidari chudan morote-yoko-zuki: Orient the head to the left, bring the 2 fists in hikit, left vertical fist on the right fist, at the right hip, beforeperforming on the spot, always in kiba-dachi , a double medium-level fist attack, stretched left arm ( yoko-zuki ) and folded right arm ( kagi-zuki ) .

10 - Hidari yoko-chudan-haishu-uke: Arm slowly and power the left hand under the right armpit and block with the left hand open ( haishu-uke ) middle level on the left. Fist right in hikité.

11 - Migi chudan mae-empi-uchi: On the spot, always in kiba-dachi , hit a right elbow(empi-uchi ) in the open left hand. The hips remain in front.

12 - Migi gedan-barai:

- Orient the head to the right

- Bring the 2 fists in hikité (vertical right fist on the left fist) to the left hip

- On the spot, always in kiba-dachi , make a right lower arm lock right ( gedan-barai ), left fist in hikeness.

13 - Hidari chudan kagi-zuki: On the spot, always in kiba-dachi, make a left punch in hook( kagi-zuki ) average level. Bring back the right fist in hikeness.

14 - Migi yoko-fumikomi / Hidari chudan uchi-ude-uke: Slowly cross the left foot in front of the right foot, heel raised. Put the left heel on the ground and then lift your right knee high and hit a crushing kick ( fumikomi ) right to get into the kiba-dachi position .Simultaneously, arm the left fist against the right hip and block the left fist from the inside out ( uchi-ude-uke ) middle level on the left. The hips and the look are from the front.

15 - Hidari gedan-barai / Migi jodan nagashi-uke / Migi jodan ura-zuki: On the spot, still in kiba-dachi , perform simultaneously a low left parade ( gedan-barai ) and a high right swept defense( nagashi-uke ) . The hips remain in front. Immediately chase with a straight right high-level punch ( ura-zuki ) , right elbow resting on the back of the left fist.

16 - Migi nami-gaeshi / Migi chudan morote-tate-uke: Turn the head to the right, kick up and sweep up the right foot ( nami-gaeshi ) to rest in kiba-dachi , then place a reinforced block right middle level ( morote-tate-uke ), left fist always under the right elbow.

17 - Hidari nami-gaeshi / Migi chudan morote-soto-uke: Turn the head to the left, make a kick sweep up the left foot ( nami-gaeshi ) to rest in kiba-dachi , then realize on the spot a blocking left from the outside to the inside middle level ( morote-soto-uke ), left fist always under the right elbow.

18 - Migi chudan morote-yoko-zuki: Orient the head to the right, bring the 2 fists in hikité, right fist vertical on the left fist, to the left hip, then perform on the spot, always in kiba-dachi , a double attack middle-level fist, right arm extended ( yoko-zuki ) and left arm folded ( kagi-zuki ).