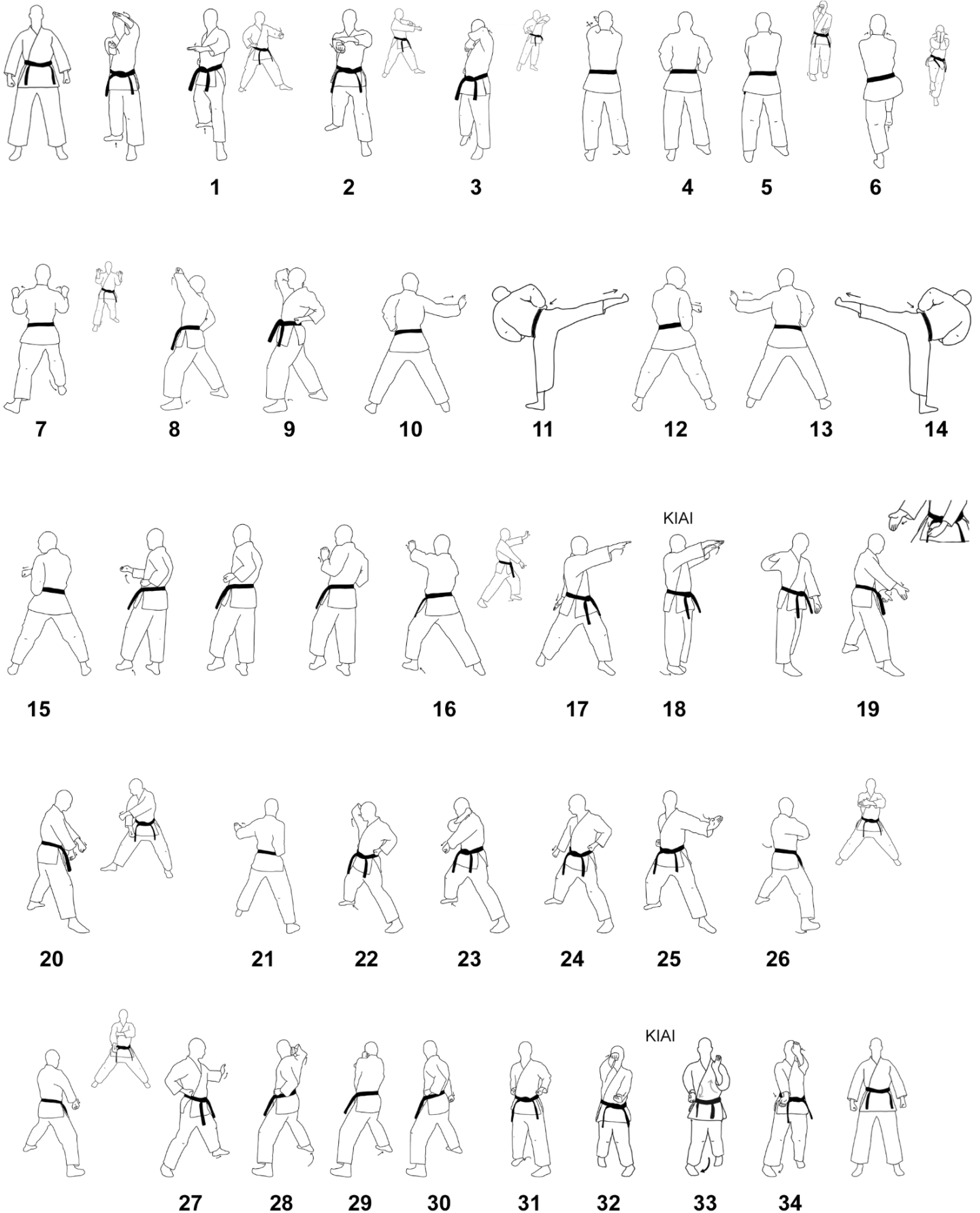
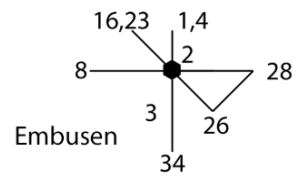


Nijushiho

(Twenty Four Steps)



Nijushiho Steps

Yoi					
1	ryusui no kamae	pulling the right hand closed into fist & pressing block (flowing water posture)	kokutsu-dachi	back stance	slow
2	ryusui-zuki	punching under palm (flowing water punch)	kokutsu-dachi	back stance	
3	zenwan-suhehi-mune-kamae (mae-hiji-ate)	forearm horizontal posture (front elbow strike)	sho zenkutsu-dachi	shortened front stance	slow
4	ryoken-ryokoshi-gamae	both fists on both hips posture	sanchin-dachi	hour-glass stance	
5	awase-zuki	combined punch (U-punch)	sanchin-dachi	hour-glass stance	
6	ryo-zenwan-hasami-uke	both forearms scissors block	ashi-dachi	raised leg stance	
7	ryoken-kakiwake-uke	both fists wedge block	zenkutsu-dachi	front stance	slow
8	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
9	migi tate-empi-uchi	right vertical-elbow strike	zenkutsu-dachi	front stance	
10	migi shuto-kake-uke	right knife-hand hooking block	kiba-dachi	horse stance	slow
11	migi yoko geri kekomi / hiki-yose	right side thrusting kick & pulling with hand	ashi-dachi	raised leg stance	
12	migi zuki (sokumen-zuki)	right punch (punch to side)	kiba-dachi	horse stance	
13	hidari shuto-kake-uke	left knife-hand hooking block	kiba-dachi	horse stance	slow
14	hidari yoko geri kekomi / hiki-yose	left side thrusting kick & pulling with hand	ashi-dachi	raised leg stance	
15	hidari zuki (sokumen-zuki)	left punch (punch to side)	kiba-dachi	horse stance	
16	tekubi-makotoshi-uke & teisho-awase-zuki	wrist curling-falling block & palm-heel combined punch	sho zenkutsu-dachi / zenkutsu-dachi	shortened front stance / long front stance	slow
17	haito-soto-mawashi-uchi / koho-haito	outside ridge hand strike / rear ridge hand posture	zenkutsu-dachi	front stance	
18	teko-uchi (haishu-age-uchi)	backhand strike (backhand rising strike)	heisoku-dachi	feet together closed leg stance	KIAI
19	koko-sukui-uke / koko-osae (zukidashi)	tiger-mouth scooping block / tiger-mouth pressing (thrust)	kokutsu-dachi	back stance	
20	gedan awase-zuki	combined downward punch (U-punch)	kokutsu-dachi	back stance	
21	hidari chudan haishu-uke	left middle-level backhand block	kokutsu-dachi	back stance	slow
22	tate-empi-uchi	vertical elbow strike	kiba-dachi	horse stance	
23	hidari gedan sokumen-zuki / soto-nagashi-uke	left downward punch to side / right outside flowing block	kiba-dachi	horse stance	
24	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse stance	
25	hidari chudan haishu-uke	left middle-level back-hand-block	kokutsu-dachi	back stance	slow
26	migi mae-empi-uchi / migi gedan-barai / hidari soete	right front-elbow strike (against palm) / right supported downward block	kiba-dachi	horse stance	
27	hidari chudan haishu-uke	left middle-level back-hand-block	kiba-dachi	horse stance	
28	migi sokumen tate empi-uchi	right side vertical elbow-strike	kokutsu-dachi	back stance	slow
29	hidari gedan zuki (yoko-zuki)	left downward punch (to side)	kiba-dachi	horse stance	
30	migi gedan-barai	right downward block	kiba-dachi	horse stance	
31	ofuri kosa-barai / ryoken-ryokoshi-gamae	swing cross-arm sweep / both fists on hips posture	kiba-dachi	horse stance	
32	awase-zuki	u-punch with right fist on top	sanchin-dachi	hour-glass stance	KIAI
33	tekubi-makotoshi-uke	wrist curling-falling block	sanchin-dachi	hour-glass stance	
34	teisho-awase-zuki	u-shape double palm-heel combined punch (stepping forward)	sanchin-dachi	hour-glass stance	slow
Yame					

Stances:

