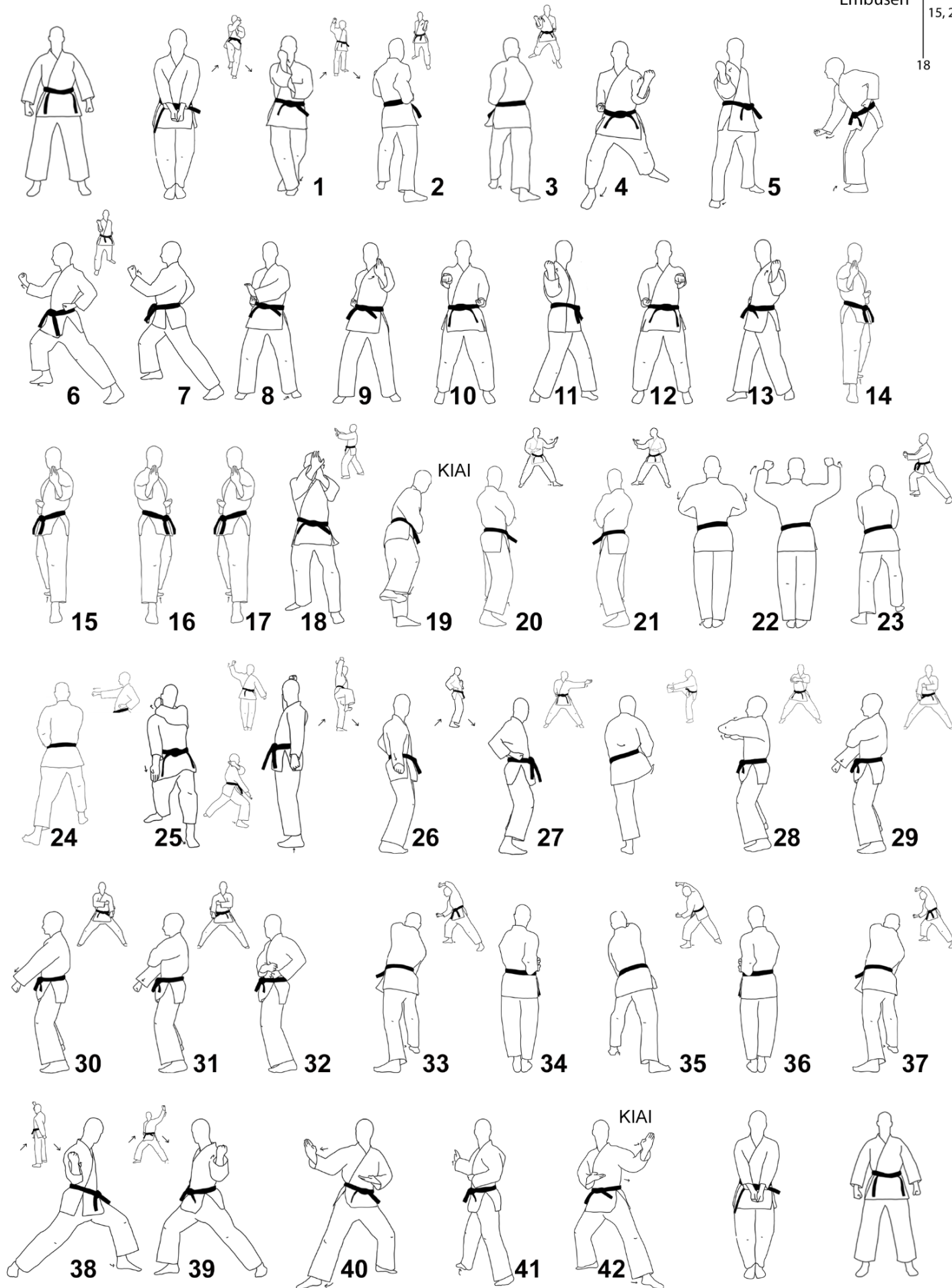
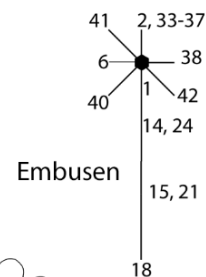


Bassai Dai

(To Penetrate A Fortress - big)



Bassai Dai Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	migi uchi ude-uke / hidari soete (bassai-uke)	left hand inside block supported by right palm	kosa-dachi	crossing stance	chudan
2	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	chudan
3	migi chudan gyaku- uchi-uke / gyaku-hanmi	right reverse middle-level inside block / 45deg hip twist	zenkutsu-dachi	front stance	chudan
4	hidari chudan gyaku-soto-uke / gyaku-hanmi	left reverse middle-level outside-block / 45deg hip twist	zenkutsu-dachi	front stance	chudan
5	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	chudan
6	migi gedan sukui-uke / migi chudan soto-uke	right lower scooping block / right middle-level outside-block	zenkutsu-dachi	front stance	gedan
7	hidari chudan gyaku-uchi-uke / gyaku-hanmi	left middle-level reverse inside block / 45deg hip twist	zenkutsu-dachi	front stance	chudan
8	kosa-gamae	both fists on hips posture	hachiji-dachi	natural stance	--
9	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	hachiji-dachi	natural stance	slow
10	migi chudan zuki	right middle-level punch	hachiji-dachi	natural stance	
11	migi chudan uchi-uke	right middle-level inside block	hachiji-dachi	natural stance	
12	hidari chudan zuki	left middle-level punch	hachiji-dachi	natural stance	
13	hidari chudan uchi-uke	left middle-level inside block	hachiji-dachi	natural stance	
14	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
15	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
16	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
17	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	step back
18	ryosho-tsukami-uke	both palms grasping block	sho zenkutsu-dachi	shortened front stance	slow
19	sokuto-kekomi / ryosho-tsukami-yose	sword-foot thrust kick / both palms grasping-pulling	ashi-dachi	raised leg stance	KIAI
20	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
21	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
22	jodan morote-age-uke	upper double-rising block	heisoku-dachi	feet together stance	
23	chudan tettsumi-hasami-uchi	middle-level double hammer fist scissor strike	zenkutsu-dachi	front stance	
24	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
25	soto-nagashi-uke / gedan-nukite	outside flowing block / sword-hand thrusting strike	sho zenkutsu-dachi	shortened front stance	slow
26	manji-uke	swirling posture (left downward block / right upper inside block)	heisoku-dachi	feet together stance	
27	migi yoko-fumikomi / migi gedan-barai	right stamping kick / right downward block	kiba-dachi	horse-riding stance	slow
28	hidari chudan haishu-uke	left middle-level back-hand-block	kiba-dachi	horse-riding stance	
29	migi chudan mikazuki-geri / migi empi-uchi	right middle-level crescent kick / right elbow-strike	kiba-dachi	horse-riding stance	
30	gedan-uke / zenwan-mune-kamae	right downward block / forearm chest posture	kiba-dachi	horse stance	
31	gedan-uke / zenwan-mune-kamae	left downward block / forearm chest posture	kiba-dachi	horse stance	
32	ryoken-koshi-gamae	both fists hip posture	sho zenkutsu-dachi	shortened front stance	
33	yama-zuki	wide U-punch to face and midsection (mountain punch)	zenkutsu-dachi	front stance	
34	ryoken-koshi-gamae	both fists on hip posture	heisoku-dachi	feet together stance	slow
35	harai fumikomi / yama-zuki	sweeping stamping kick / wide U-punch to face and midsection (mountain punch)	zenkutsu-dachi	front stance	
36	ryoken-koshi-gamae	both fists on hip posture	heisoku-dachi	feet together stance	slow
37	harai-fumikomi / yama-zuki	sweeping-stamping kick / wide U-punch to face and midsection	zenkutsu-dachi	front stance	
38	migi gedan sukui-uke	right lower scooping block	hiza-dachi	knee bend stance	
39	hidari gedan sukui-uke	left lower scooping block	hiza-dachi	knee bend stance	
40	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
41	jotai-sonomama (ushiro shuto-uke)	upper body as is (backwards knife-hand block)	kokutsu-dachi	back stance	slow and at 45deg
42	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	KIAI at 45deg]
Yame			heisoku-dachi	feet together stance	

Stances:

