



Hangetsu Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	hidari chudan uchi-uke	left middle-level inside block	hangetsu-dachi	half-moon stance	slow
2	migi chudan gyaku-zuki	right middle-level reverse punch	hangetsu-dachi	half-moon stance	slow
3	migi chudan uchi-uke	right middle-level inside block	hangetsu-dachi	half-moon stance	slow
4	hidari chudan gyaku-zuki	left middle-level reverse punch	hangetsu-dachi	half-moon stance	slow
5	hidari chudan uchi-uke	left middle-level inside block	hangetsu-dachi	half-moon stance	slow
6	migi chudan gyaku-zuki	right middle-level reverse punch	hangetsu-dachi	half-moon stance	slow
7	ryo-jishi-ippou-ken-kamae	both one-knuckle fists posture	hangetsu-dachi	half-moon stance	slow
8	ryo-jishi-ippou-ken-morote-zuki	both one-knuckle fists double-hand punch	hangetsu-dachi	half-moon stance	slow
9	kaisho-yama-kamae	hands open mountain posture	hangetsu-dachi	half-moon stance	slow
10	ryosho-kakiwake-kamae	both palms wedge posture	hangetsu-dachi	half-moon stance	slow
11	migi uchi-uke / gedan-uke	right (open hand) inside block / (open hand) downward block	hangetsu-dachi	half-moon stance	KIAI
12	tsukami-uke (koko-uke)	right grasping block (tiger-mouth block)	hangetsu-dachi	half-moon stance	slow
13	uchi-uke / gedan-uke	left (open hand) inside block / (open hand) downward block	hangetsu-dachi	half-moon stance	
14	tsukami-uke (koko-uke)	left grasping block (tiger-mouth block)	hangetsu-dachi	half-moon stance	slow
15	uchi-uke / gedan-uke	right (open hand) inside block / (open hand) downward block	hangetsu-dachi	half-moon stance	
16	tsukami-uke (koko-uke)	right grasping block (tiger-mouth block)	hangetsu-dachi	half-moon stance	slow
17	migi chudan uchi-uke	right middle-level inside block	hangetsu-dachi	half-moon stance	
18	hidari chudan gyaku-zuki	left middle-level reverse punch	hangetsu-dachi	half-moon stance	
19	migi chudan-zuki	right middle-level punch	hangetsu-dachi	half-moon stance	
20	hidari chudan uchi-uke	left middle-level inside block	hangetsu-dachi	half-moon stance	
21	migi chudan gyaku-zuki	right middle-level reverse punch	hangetsu-dachi	half-moon stance	
22	hidari chudan-zuki	left middle-level punch	hangetsu-dachi	half-moon stance	
23	migi chudan uchi-uke	right middle-level inside block	hangetsu-dachi	half-moon stance	
24	hidari chudan gyaku-zuki	left middle-level reverse punch	hangetsu-dachi	half-moon stance	
25	migi chudan-zuki	right middle-level punch	hangetsu-dachi	half-moon stance	
26	hidari engetsu-kaeshi / hidari chudan tate uraken-uchi	left leg-lift and rotate / left middle-level vertical backfist strike	kokutsu-dachi	back stance	slow
27	(jotai-sonomama) hanmi sashi-ashi	(upper body as is) stepping move	kosa-dachi	crossing stance	slow
28	migi mae-geri / ken-kata-ue	front kick / left fist above shoulder	ashi-dachi	raised leg stance	
29	hidari gedan-barai	left downward block	hangetsu-dachi	half-moon stance	
30	migi chudan gyaku-zuki	right middle-level reverse punch	hangetsu-dachi	half-moon stance	
31	hidari jodan age-uke	left upper rising block	hangetsu-dachi	half-moon stance	
32	migi engetsu-kaeshi / migi chudan tate uraken-uchi	right leg-lift and rotate / right middle-level vertical backfist strike	kokutsu-dachi	back stance	slow
33	(jotai-sonomama) hanmi sashi-ashi	(upper body as is) stepping move	kosa-dachi	crossing stance	slow
34	hidari mae-geri / ken-kata-ue	front kick / left fist above shoulder	ashi-dachi	raised leg stance	
35	migi gedan-barai	right downward block	hangetsu-dachi	half-moon stance	
36	hidari chudan gyaku-zuki	left middle-level reverse punch	hangetsu-dachi	half-moon stance	
37	age-uke	right block	hangetsu-dachi	half-moon stance	
38	hidari engetsu-kaeshi / hidari chudan tate uraken-uchi	left leg-lift and rotate / left middle-level vertical backfist strike	kokutsu-dachi	back stance	slow
39	migi mikazuki-geri	right crescent kick	ashi-dachi	raised leg stance	
40	migi gedan gyaku-zuki	right lower reverse punch	hangetsu-dachi	half-moon stance	KIAI
41	ryo-teisho-awase-gedan-uke (gassho-uke)	palm-heels combined downward block (joined palm block)	neko-ashi-dachi	cat stance	slow
Yame					

Stances:

