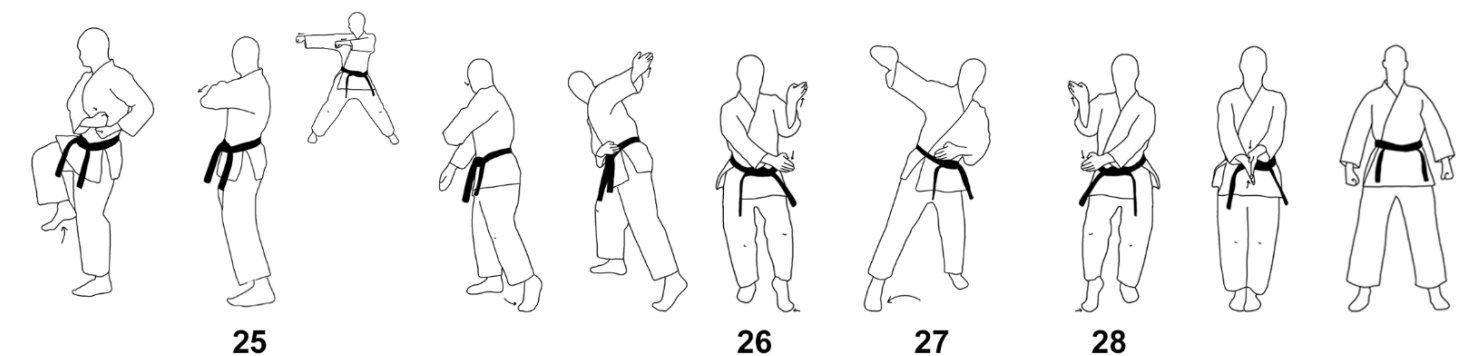
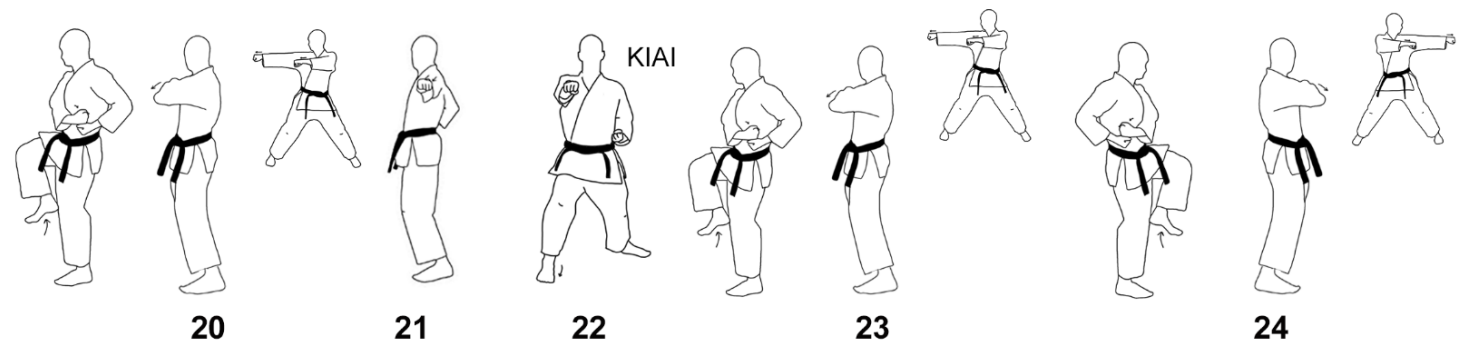
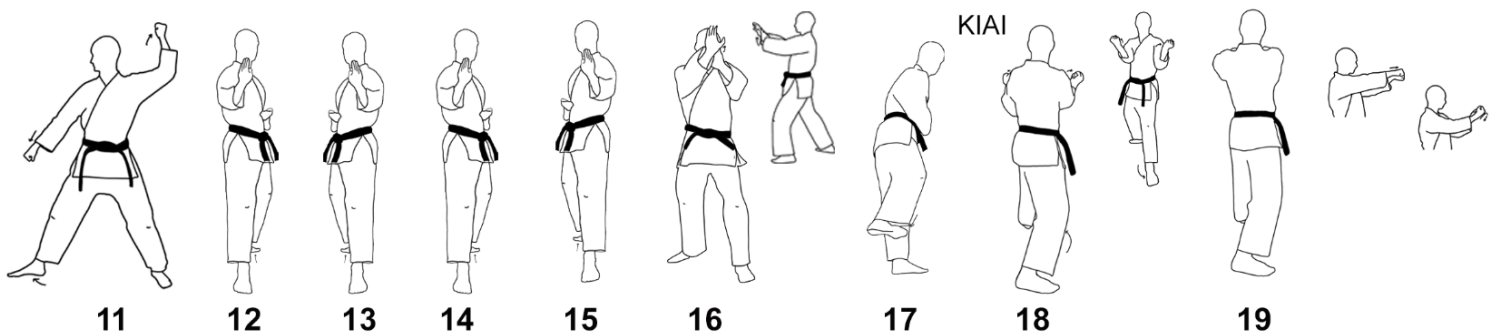
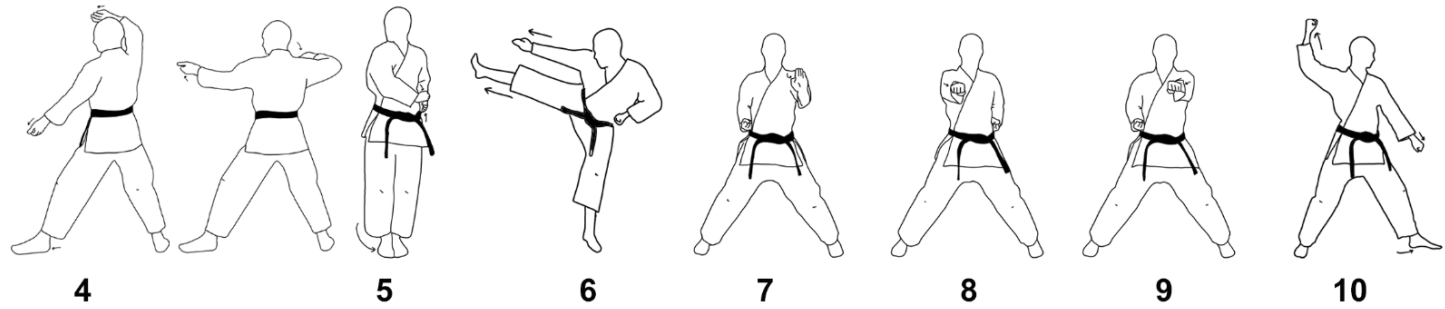
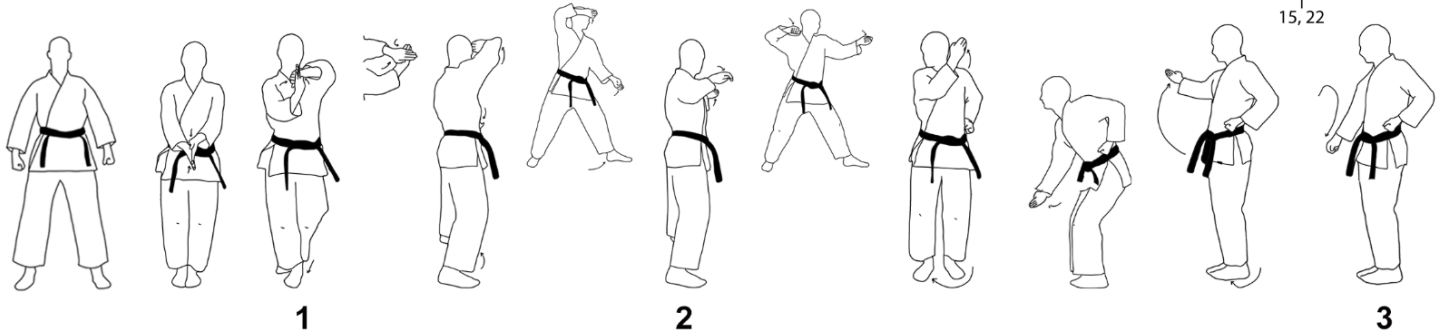
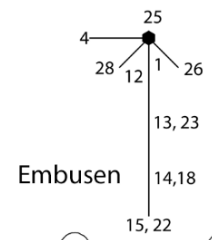


Bassai Sho

(To Penetrate A Fortress - small)



Bassai Sho Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	ryosho-koho-awase-uke & ryosho-juji-awase-uke	pressing block behind & combined backhand block	kosa-dachi	crossing stance	
2	ryosho-jo-uke & suihei-jo-dori	both palms stick block & horizontal stick grab	kokutsu-dachi	back stance	slow
3	migi haito-sukui-uke & gedan-barai	ridge hand scooping block & downward block	heisoku-dachi	feet together closed leg stance	
4	ryosho-jo-uke & suihei-jo-dori	both palms stick block & horizontal stick grab	kokutsu-dachi	back stance	slow
5	ryote-ryoken-koshi-gamae	both hands on hip posture	heisoku-dachi	feet together closed leg stance	
6	migi yoko-geri-keage / migi haito-uchi	right side snap kick / right ridge hand block	ashi-dachi	raised leg stance	
7	hidari chudan tate-shuto-uke	left middle-level vertical-knife-hand block	kiba-dachi	horse stance	slow
8	migi chudan-zuki	right middle level punch	kiba-dachi	horse stance	
9	hidari chudan-zuki	left middle level punch	kiba-dachi	horse stance	
10	hidari manji-uke	left swirling posture (left downward block / right upper inside block)	kokutsu-dachi	back stance	
11	migi manji-uke	right swirling posture (left downward block / right upper inside block)	kokutsu-dachi	back stance	
12	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
13	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back 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	step back
16	ryosho-tsukami-uke (bassai-uke)	both palms grasping block	sho zenkutsu-dachi	shortened front stance	slow
17	sokuto-kekomi / ryosho-tsukamiyose	sword-foot thrust kick / both palms grasping-pulling	ashi-dachi	raised leg stance	KIAI
18	ryoken-kakiwake-uke	both fists wedge block	kokutsu-dachi	back stance	
19	jodan heiko ura-zuki	upper parallel close punch	kokutsu-dachi	back stance	
20	migi chudan soto-uke / deashi-barai & ryoken-koshi-gamae & morote-sokumen-zuki	outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi	raised leg stance	
21	hidari chudan tetsui-uchi	left middle-level inside hammer-fist strike	kiba-dachi	horse stance	
22	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
23	migi soto-uke / deashi-barai & ryoken-koshi-gamae & morote-sokumen-zuki	right outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi	raised leg stance	
24	hidari soto-uke / deashi-barai & ryoken-koshi-gamae & morote-sokumen-zuki	left outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi	raised leg stance	
25	migi soto-uke / deashi-barai & ryoken-koshi-gamae & morote-sokumen-zuki	right outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi	raised leg stance	
26	ura ashi-gake / hidari jodan shuto-uke / morote-hiki-otoshi	back leg hook sweep / left upper knife-hand block / both palms grasping block	neko-ashi-dachi	cat stance	slow
27	yoko sashi-ashi	side-ways step across			
28	ura ashi-gake / migi jodan shuto-uke / morote-hiki-otoshi	back leg hook sweep / right upper knife-hand block / both palms grasping block	neko-ashi-dachi	cat stance	slow
Yame					

Stances:



kiba-dachi



heisoku-dachi



kosa-dachi



hachiji-dachi



neko-ashi-dachi



sagi ashi-dachi



zenkutsu-dachi



kokutsu-dachi