

Empi

(Flying Swallow)

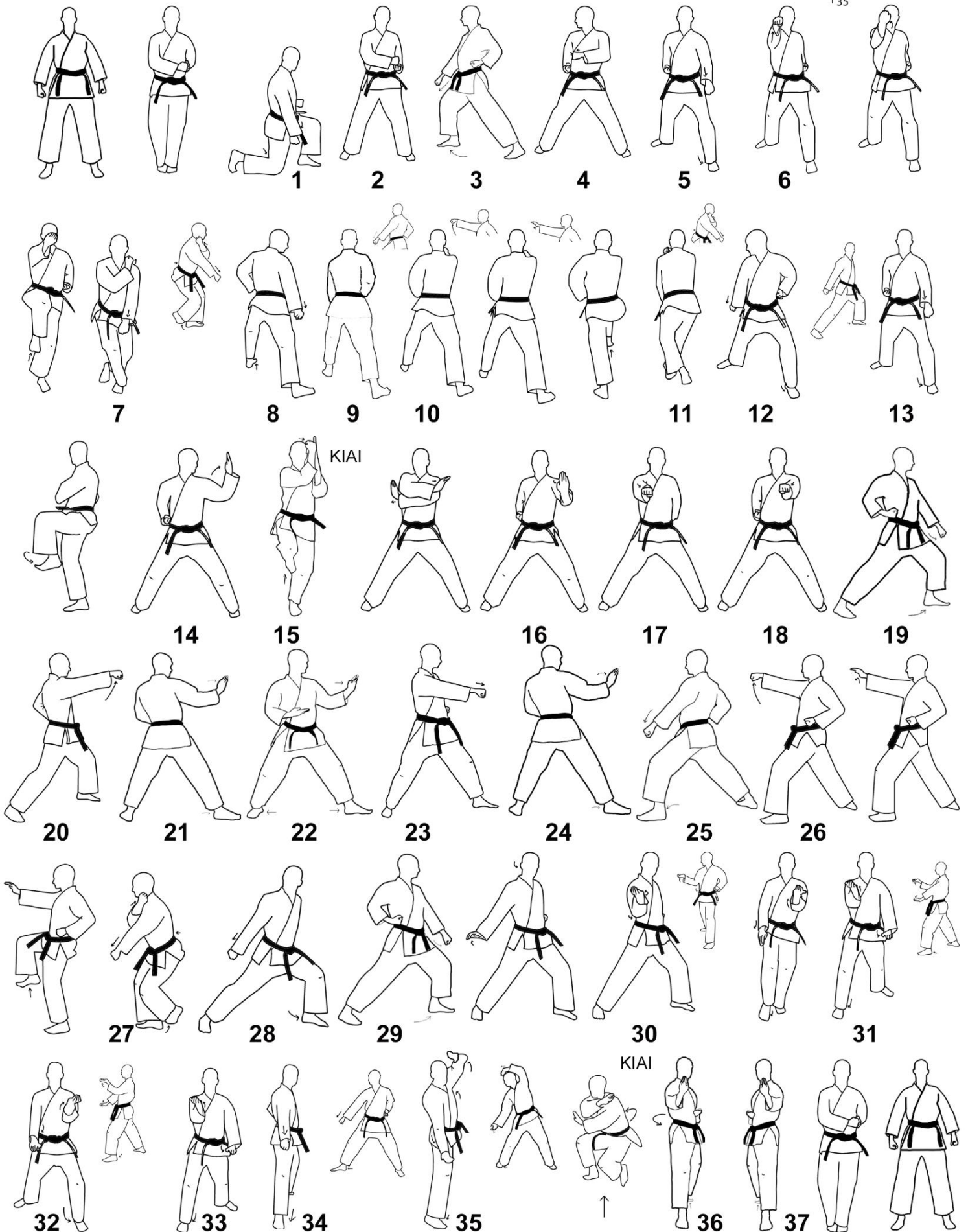
Embuden

3 4,37 1,20 24

5,10

7,32

35



Empi Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	migi gedan-barai	right downward block	laigoshi-dachi	single knee stance	(downward to front)
2	ryoken-koshi-gamae	both fists hip posture	hachiji-dachi	natural stance	
3	migi gedan-barai	right downward block	sho zenkutsu-dachi	shortened front stance	
4	hidari kagi-zuki	left hook-punch	kiba-dachi	horse stance	
5	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
6	migi jodan age-zuki	right upper rising punch	zenkutsu-dachi	front stance	
7	kami-zukami / migi fumikomi / migi nagashi-uke / hidari otoshi-zuki	hair grab & drive knee upwards/ right stamping kick / right sweeping block / left dropping punch	kosa-dachi	crossing stance	
8	migi ushiro gedan-barai	right reverse downward block	hiza-kutsu	knee bend	
9	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
10	migi jodan age-zuki	right upper rising punch	zenkutsu-dachi	front stance	
11	kami-zukami / migi fumikomi / migi nagashi-uke / hidari otoshi-zuki	hair grab & drive knee upwards/ right stamping kick / right sweeping block / left dropping punch	kosa-dachi	crossing stance	
12	migi ushiro gedan-barai	right reverse downward block	hiza-kutsu	knee bend	
13	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
14	hidari jodan haishu-uke	left upper back-hand-block	kiba-dachi	horse stance	slow
15	tekubi-uchi (migi empi-uchi)	wrist strike (right elbow strike)	ashi-dachi	raised leg stance	KIAI
16	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	kiba-dachi	horse stance	slow
17	migi chudan-zuki	right middle level punch	kiba-dachi	horse stance	
18	hidari chudan-zuki	left middle level punch	kiba-dachi	horse stance	
19	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
20	migi jodan age-zuki	right upper rising punch	zenkutsu-dachi	front stance	
21	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
22	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	feet back together & move forward
23	migi chudan gyaku-zuki	right middle-level reverse punch	kokutsu-dachi	back stance	
24	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
25	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
26	migi jodan age-zuki	right upper rising punch	zenkutsu-dachi	front stance	
27	kami-zukami / migi fumikomi / migi nagashi-uke / hidari otoshi-zuki	hair grab & drive knee upwards/ right stamping kick / right sweeping block / left dropping punch	kosa-dachi	crossing stance	
28	migi ushiro gedan-barai	right reverse downward block	hiza-kutsu	knee bend	
29	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
30	teisho-oshiage-uke	palm-heel pushing-rising block	zenkutsu-dachi	front stance	slow
31	teisho-oshiage-uke / teisho-osae-uke	palm-heel pushing-rising / palm-heel pressing block	zenkutsu-dachi	front stance	slow
32	teisho-oshiage-uke / teisho-osae-uke	palm-heel pushing-rising / palm-heel pressing block	zenkutsu-dachi	front stance	slow
33	teisho-oshiage-uke / teisho-osae-uke	palm-heel pushing-rising / palm-heel pressing block	zenkutsu-dachi	front stance	slow
34	migi gedan-barai	right downward block	kokutsu-dachi	back stance	
35	morote koko-gamae	both palms grasping block (tiger-mouth block)	kiba-dachi	horse stance	
36	joho-kaiten-tobi / migi chudan shuto-uke	launching jumping move with knee / right middle-level knife-hand block	kokutsu-dachi	back stance	KIAI
37	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
Yame					

Stances:

