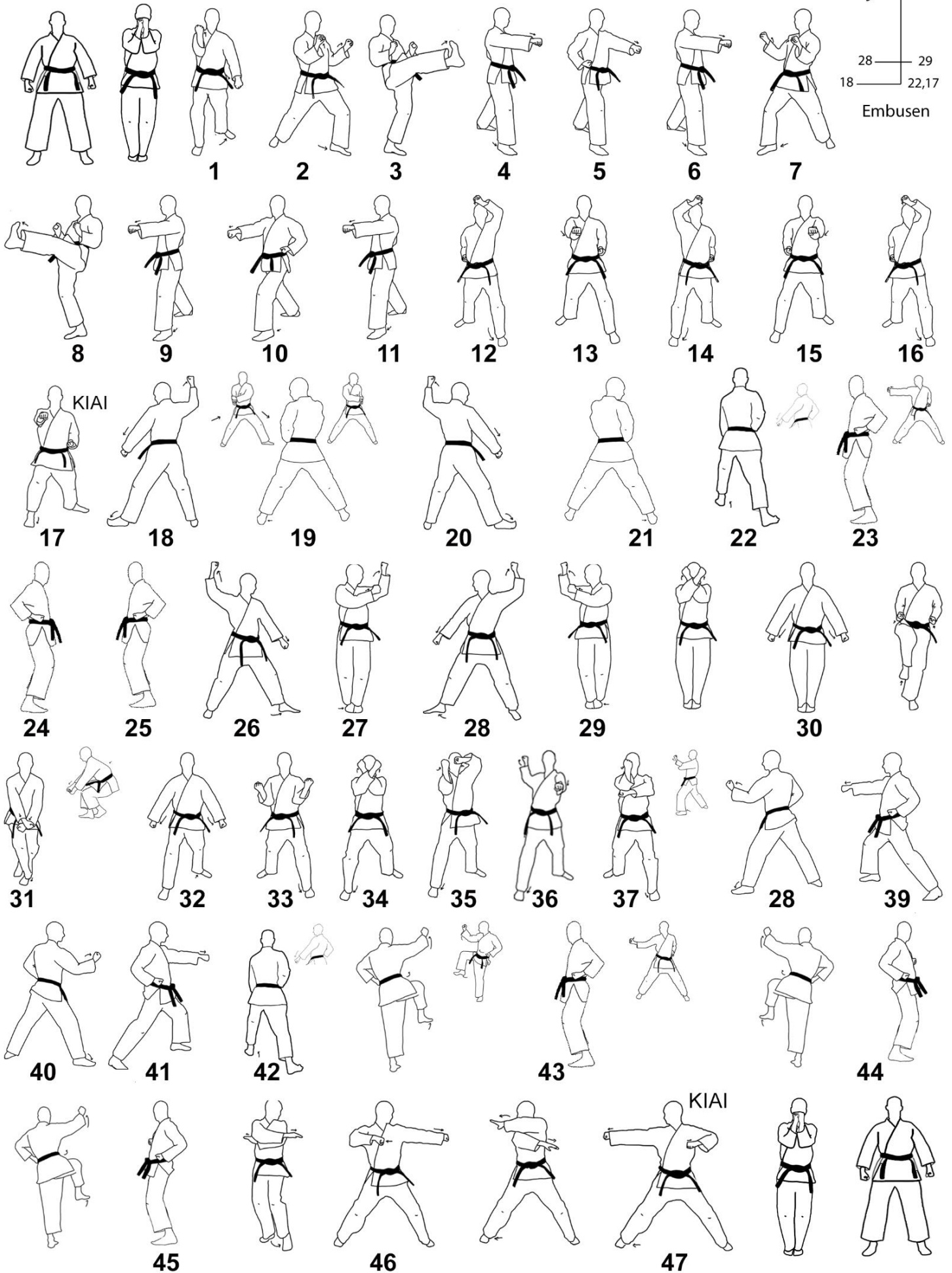
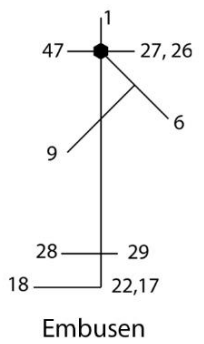


Jion

(Temple)



Jion Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	kosa-uke (uchi-uke / gedan-uke)	inside block / downward block	zenkutsu-dachi	front stance	
2	chudan kakiwake-uke	middle-level both fists wedge block	zenkutsu-dachi	front stance	slow
3	migi mae-geri	right front kick	ashi-dachi	raised leg stance	
4	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	Variant: Vertical punches
5	hidari chudan gyaku-zuki	left middle-level reverse punch	zenkutsu-dachi	front stance	
6	migi chudan zuki	right middle-level punch	zenkutsu-dachi	front stance	
7	chudan kakiwake-uke	middle-level both fists wedge block	zenkutsu-dachi	front stance	slow
8	hidari mae-geri	left front kick	ashi-dachi	raised leg stance	
9	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	Variant: Vertical punches
10	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
11	hidari chudan zuki	left middle-level punch	zenkutsu-dachi	front stance	
12	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
13	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
14	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
15	hidari chudan gyaku-zuki	left middle-level reverse punch	zenkutsu-dachi	front stance	
16	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
17	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
18	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
19	migi chudan kagi-zuki	right middle-level hook-punch	kiba-dachi	horse stance	
20	manji-uke (hidari jodan uchi-uke / migi gedan-barai)	swirling block (left upper inside block / right downward block)	kokutsu-dachi	back stance	
21	hidari chudan kagi-zuki	left middle-level hook-punch	kiba-dachi	horse stance	
22	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
23	migi chudan teisho-uchi	right middle-level palm heel strike	kiba-dachi	horse stance	
24	hidari chudan teisho-uchi	left middle-level palm heel strike	kiba-dachi	horse stance	
25	migi chudan teisho-uchi	right middle-level palm heel strike	kiba-dachi	horse stance	
26	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
27	jodan morote-uke	upper augmented block	heisoku-dachi	feet together closed leg stance	
28	manji-uke (hidari jodan uchi-uke / migi gedan-barai)	swirling block (left upper inside block / right downward block)	kokutsu-dachi	back stance	
29	jodan morote-uke	upper augmented block	heisoku-dachi	feet together closed leg stance	
30	jodan juji-uke / ryoken-kakiwake-uke	upper x-block / both fists wedge block	heisoku-dachi	feet together closed leg stance	slow
31	(hiza-gamea) ryoken-kosa-uke (juji-)	(knee raised) both fists cross block (X-block)	kosa-dachi	crossing stance	
32	ryoken-kakiwake-uke	both fists wedge block	zenkutsu-dachi	front stance	
33	ryoken-kakiwake-uke	both fists wedge block	zenkutsu-dachi	front stance	
34	ryoken-kosa-uke (juji-uke)	both fists cross block (X-block)	zenkutsu-dachi	front stance	
35	tate-uraken-uchi	vertical back-fist strike	zenkutsu-dachi	front stance	
36	zuki-uke / haiwan-uchi-nagashi-uke	punch-block / back-arm inside flowing block	zenkutsu-dachi	front stance	
37	tate-uraken-uchi / zenwan-mune-suhei kamae	vertical back-fist strike / forearm chest posture	zenkutsu-dachi	front stance	
38	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
39	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
40	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
41	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
42	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
43	migi zenwan-uchi-otoshi / fumikomi	right forearm falling strike / stamping kick	kiba-dachi	horse stance	
44	hidari zenwan-uchi-otoshi / fumikomi	left forearm falling strike / stamping kick	kiba-dachi	horse stance	
45	migi zenwan-uchi-otoshi / fumikomi	right forearm falling strike / stamping kick	kiba-dachi	horse stance	
46	jodan tsukami-uke / hidari yumi-zuki	upper grasping block / left bow-punch (one first front & one pulled back to chest)	kiba-dachi	horse stance	
47	jodan tsukami-uke / migi yumi-zuki	upper grasping block / right bow-punch (one first front & one pulled back to chest)	kiba-dachi	horse stance	KIAI
Yame					

Stances:

