

Zenshin Kotai

Stances:

1. Horse Stance - kibidachi
2. Front Stance - zenkuchidachi
3. Square Stance – shikodachi
4. Cat Stance - nikodachi
5. Step behind drill

Moving exercises

1. Lunge punch
2. Overhead block, reverse punch
3. Middle block, reverse punch
4. Downblock, reverse punch
5. Downblock center of attack, reverse punch
6. Front kick, punch
7. Front kick, grab
8. Lunge punch, reverse punch
9. Punching block, punch (forehead punch, center punch) (right)
10. Punching block, punch (forehead punch, center punch) (left)
11. Overhead block, forearm block, back fist, down block, reverse punch
12. Kick, right punch, left punch
13. Overhead block, downward block of a center punch, punch
14. Roundhouse spinning kick
15. Step behind side kick

Combinations:

1. Reverse punch, side kick, reverse punch
2. Knife hand strike, roundhouse kick, reverse punch
3. Front kick, spin back kick
4. Step behind, downward block, reverse punch

Extreme Techniques:

1. Jump front kick
2. Jump crescent kick
3. Jump double round kick
4. Inside crescent, spine hand
5. Shuto, outside crescent