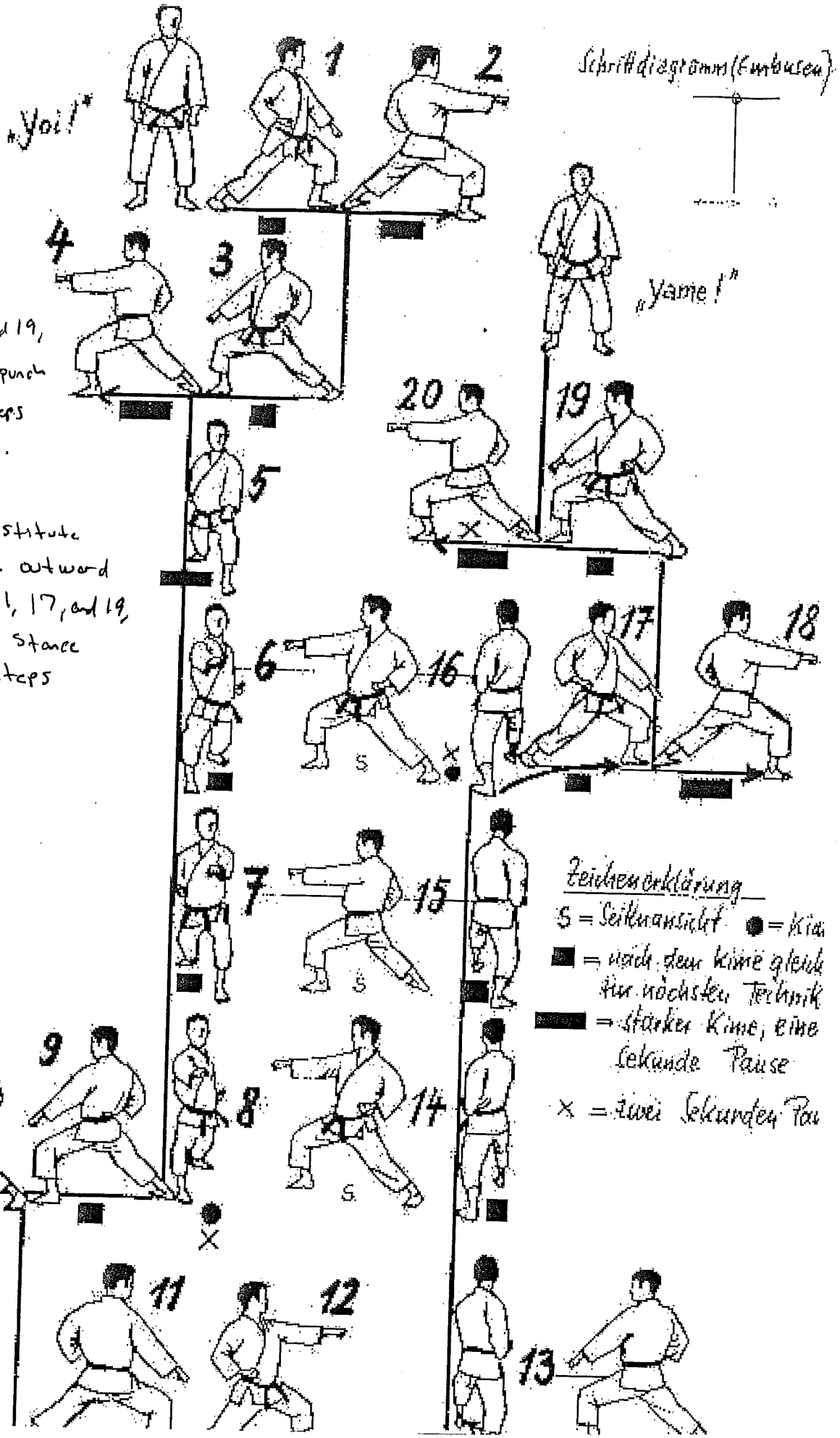


Tai Kyoku Shodan



Note:
 To perform Nidan,
 substitute low block
 with high block in
 steps 1, 3, 9, 11, 17, and 19,
 and substitute middle punch
 with high punch in steps
 2, 4, 10, 12, 18, and 20.

To perform Sandan, substitute
 low block with middle outward
 block in steps 1, 3, 9, 11, 17, and 19,
 and substitute Forward stance
 with back stance in steps
 2, 4, 10, 12, 18, and 20.

