

Fukyu Kata Ichi

#	Foot Movement & Placement / Direction	Hands
Kyotsukei	Attention	Palms at sides, arms straight
Rei	Bow	Eyes slightly down, hands still at sides
Kamae	Ready stance - heels together	Palms down in front of body, L hand over R hand
1a	Turn 90 Left	Pull L fist to R elbow to chamber
1b	Step forward with L foot into L forward stance (L foot straight, R foot 45 diagonal)	Down block L
2	Step forward with R foot into R forward stance (R foot straight, L foot 45 diagonal)	R middle (solar plexus) punch
3a	Move R foot behind body and to the left	Extend L arm and chamber with R fist at L elbow
3b	Pivot 180 R (on L foot) into R forward stance	Down block R
4	Step forward with L foot into L forward stance (L foot straight, R foot 45 diagonal)	L middle (solar plexus) punch
5a	Pivot 90 L (on R foot) into L forward stance	Extend R arm and chamber with L fist at R elbow
5b	In L forward stance, facing front	Down block L
6	Step forward with R foot into R forward stance (R foot straight, L foot diagonal)	R middle (solar plexus) punch
7	Step forward with L foot into L forward stance (L foot straight, R foot 45 diagonal)	L middle (solar plexus) punch
8	Step forward with R foot into R forward stance (R foot straight, L foot 45 diagonal)	R middle (solar plexus) punch
9a	Move L foot behind body and to the R (move beyond where you extended in step 3 - this time you will end up 225 degrees from start)	Keeping R arm extended, chamber with L fist on R elbow

#	Foot Movement & Placement / Direction	Hands
9b	Pivot (on R foot) 225 L into L forward stance - you are now facing 45 L from back of dojo	Down block L
10	Step forward with R foot into R forward stance (R foot straight, L foot 45 diagonal)	High block R
11	Pivot 90 R (on L foot) into R forward stance - you are now facing 45 R from back of dojo	Down block R
12	Step forward with L foot into L forward stance (L foot straight, R foot 45 diagonal)	High block L
13	Pivot 45 L (on R foot) into L forward stance - you are now facing back of dojo	R reverse middle punch
14	Step forward with R foot into R forward stance (R foot straight, L foot 45 diagonal)	L reverse middle punch
15	Step forward with L foot into L forward stance (L foot straight, R foot 45 diagonal)	R reverse middle punch
16	Step forward with R foot into R forward stance (R foot straight, L foot 45 diagonal)	L reverse middle punch
17a	Move L foot behind body and to the R (move beyond where you extended in step 3 - you will end up turning 225 degrees to the left)	Extend R arm and chamber with L fist at R elbow
17b	Pivot 225 L (both feet) into L forward stance, facing 45 L of dojo front	Down block L
18	Step forward with R foot into R forward stance (R foot straight, L foot 45 diagonal)	High punch R
19a	Pivot 90 R (on L foot) into R forward stance	Extend L arm and chamber with R fist at L elbow
19b	Facing 45 R of dojo front	Down block R
20	Step forward with L foot into L forward stance (L foot straight, R foot 45 diagonal)	High punch L
21	L foot pulls back to starting position, heels together	Palms down in front of body, L hand over R hand