



# KIHON SAN

**Yasame**

Punch LH, punch RH

**Kiotsuke**

Kick LF, return LF in back,

**Rei** (bow)

Seisan stance

**Hands up** solar plexus level

Punch LH

LH open, RH closed

Look L

**Hands down**, bow

Catch LH #6 (on R hip)

Move RF to R,

LF leads, step L

**Kamae** (ready stance)

LH block #6

Listen, hear a noise, look left

Punch RH, Punch LH

Catch LH on R hip (#6)

Kick RF, return RF in back,

LF leads, shuffle L

Seisan stance

LH Block #6

Punch RH

Punch RH, Punch LH

Drop left hand

Kick RF, return RF in back,

Turn RF outward 90° on heel

Seisan stance

Bend knees, Arm Lock.

Punch LH

**Slide back** feet together (Musubi Dachi)

Look R

**Hands up** solar plexus level

Catch RH #6 (on L hip)

LH open, RH closed

Turn R (half turn, 90°, keep looking R)

**Hands down**

RF leads, shuffle R

**Bow out** only once hands get to the side.

RH block #6

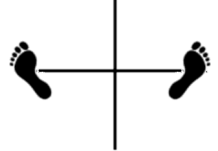
1. Who created Isshin Ryu? Soke Tatsuo Shimabuku

2. Who brought Isshin Ryu back to the USA?  
U.S Armed forces after World War II

## New Stance



Shiko dachi



Shiko Dachi  
Horse Stance