



Kihon Yon

Yasame

Kiotsuke

Rei (bow)

Hands up solar plexus level

LH open, RH closed

Hands down, bow

Move RF to R,

Kamae (ready stance)

Catch RH on left hip. RH on top

LF steps away into Cat Stance
(Neko Ashi Dachi)

Slide RF forward into T Stance

Block up (#10) Prepare for back-
fist(talk on the phone)

Backfist as feet come together into
Musubi Dachi (Joining Stance)

Turn RH straight and move back
into Cat Stance

Stomp heel down and step into
Kosa Dachi (crossing stance)

Kiai loud

Kick and hold balance

Catch RH to L shoulder then come
down into Seisan Dachi

Down block punch (#5)

Drop right hand

Turn LF outward 90° on heel

Bend knees, Arm Lock.

Slide back feet together (Musubi
Dachi)

Hands up solar plexus level

LH open, RH closed

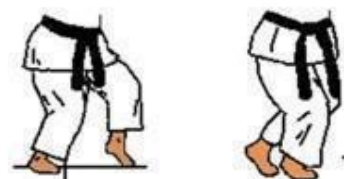
Hands down

Bow out only once hands get to
the side.

1. What does IsshinRyu mean? One Heart Way/School

2. Who taught Soke Shimabuku? Grandmasters, Choki Mo-
tobu, Chotoku Kyan, Chojun Miyagi, Tiara Shinken.

New Stances



Neko ashi dachi Kosa dachi