

MARTIAL ARTS AMERICA

KICHO #1

“Kicho #1”

1. Down block in front stance
2. Middle punch
3. Down block
4. Middle punch
5. Down block
6. Middle punch
7. Middle punch
8. Middle punch w/ ki-ap (yell)
9. Down block
10. Middle punch
11. Down block
12. Middle punch
13. Down block
14. Middle punch
15. Middle punch
16. Middle punch w/ ki-ap (yell)
17. Down block
18. Middle punch
19. Down block
20. Middle punch