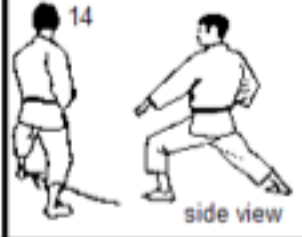
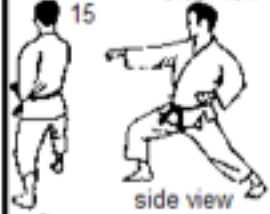
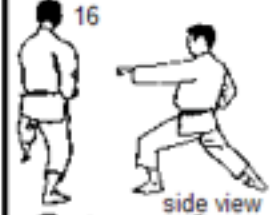


START
1

TAIKYOKU SONO ICHI

END
22



Taikyoku Sono Ich

Fudo Dachi (Ready position)

1. Turn left 90 degrees, step forward into left front stance, (Zenkutsu dachi), with left low block, (Gedan Berei).
2. Step forward into right front stance (Zenkutsu dachi), right middle punch (Chudan Tsuki)
3. Turn right 180 degrees with step forward into right front stance (Zenkutsu dachi), right low block (Gedan Berei)
4. Step forward into left front stance (Zenkutsu dachi), left middle punch (Chudan Tsuki)
5. Turn left 90 degrees into left front stance (Zenkutsu dachi), left low block (Gedan Berei)
6. Step forward into right front stance (Zenkutsu dachi), right middle punch (Chudan Tsuki)
7. Step forward into left front stance (Zenkutsu dachi), left middle punch (Gedan Berei)
8. Step forward into right front stance (Zenkutsu dachi), right middle punch (Chudan Tsuki), yell Kiai
9. Turn left 270 degrees into left front stance (Zenkutsu dachi), left low block (Gedan Berei)
10. Step forward into right front stance (Zenkutsu dachi), right middle punch (Chudan Tsuki)
11. Turn right 180 degrees, step forward into right front stance (Zenkutsu dachi) , right low block (Gedan Berei)
12. Step forward into left front stance (Zenkutsu dachi), left middle punch (Chudan Tsuki)
13. Turn left 90 degrees into left front stance (Zenkutsu dachi), left low block (Gedan Berei)
14. Step forward into right front stance (Zenkutsu dachi), right middle punch (Chudan Tsuki)
15. Step forward into left front stance (Zenkutsu dachi), left middle punch
16. Step forward into right front stance (Zenkutsu dachi), right middle punch (Chudan Tsuki), yell Kiai
17. Turn left 270 degrees into left front stance (Zenkutsu dachi), left low block (Gedan Berei)
18. Step forward into right front stance (Zenkutsu dachi), right middle punch (Chudan Tsuki)
19. Turn right 180 degrees, step forward into right front stance (Zenkutsu dachi), right low block (Gedan Berei)
20. Step forward into left front stance (Zenkutsu dachi), left middle punch (Chudan Tsuki)

Return to ready position