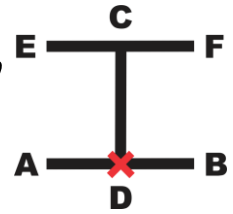




Chukyu Shodan (26 Movements)



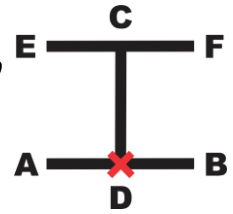
STARTING POSITION

Parallel Ready Stance on X facing 'C'

1. Look to your left then move left foot out into a **Left Walking Stance** facing the left and do a **Left Middle Outward Block**.
2. **Right Middle Front Kick**
3. Land in a **Right Walking Stance** and do a **Double Middle Punch** (right and left)
4. Look over your right shoulder then turn 180° clockwise, forming **Right Walking Stance** facing the right and do a **Right Middle Outward Block**.
5. **Left Middle Front Kick**
6. Land in a **Left Walking Stance** and do a **Double Middle Punch** (left and right).
7. Look to your left then move left to the front forming **Left Walking Stance** and do a **Double Outward Block**. (slow and strong)
8. Step forward into a **Right Walking Stance** and do a **Right Middle Punch**. (pause for a 1 count)
9. Step forward into a **Left Walking Stance** and do a **Left Middle Punch**.
10. Step forward into a **Right Walking Stance** and do a **Right Middle Punch**. (Kiai)
Movements 9 & 10 are done in quick succession
11. Look over your left shoulder then pivoting on your right foot turn 90° counter clockwise and form a **Left Walking Stance** facing the back and do a **Left Low Block** followed quickly by a **Left High Block**.
12. **Right High Front Kick**
13. Land in a **Right Walking Stance** and do a **Right High Punch**
14. Look over your right shoulder then turn 180° clockwise, forming **Right Walking Stance** facing the right and do a **Right Low Block** followed quickly by a **Right High Block**
15. **Left High Front Kick**
16. Land in a **Left Walking Stance** and do a **Left High Punch**.
17. Look to your left then move left to the back forming **Left Walking Stance** and do a **Double Outward Block**. (slow and strong)
18. Step forward into a **Right Walking Stance** and do a **Right High Punch**. (pause for a 1 count)



Chukyu Shodan
(26 Movements)



19. Step forward into a **Left Walking Stance** and do a **Left High Punch**.
20. Step forward into a **Right Walking Stance** and do a **Right High Punch**. (Kiai)
Movements 19 & 20 are done in quick succession
21. Look over your left shoulder then pivoting on your right foot turn 90° counter clockwise and form a **Right Back Stance** and do a **Left Inner Forearm Block**
22. **Right Side Kick**
23. Land in a **Left Back Stance** and do a **Right Knife Hand Strike**.
24. Look over your right shoulder then turn 180° clockwise, forming **Left Back Stance** facing the right and do a **Right Inner Forearm Block**.
25. **Left Side Kick**
26. Land in a **Right Back Stance** and do a **Left Knife Hand Strike**. (Kiai)

Hold for a Slow 4 Count

Bring left foot back to Ready Stance

END OF KATA

武士道