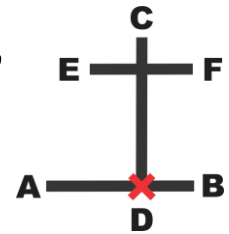




Jokyu Nidan (32 Movements)



STARTING POSITION

Parallel Ready Stance on X facing 'C'

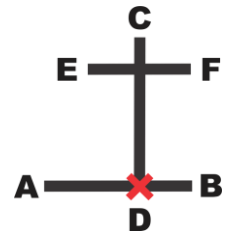
1. Look to your left then move the left foot to 'A' forming **Right Back Stance**, facing the left and do a **Double Forearm Guard**.
2. Strike the right palm with a **Right Outward Crescent Kick**
3. Land in a **Right Walking Stance** and do a **Left Reverse Punch**. (pause)
4. Look over your right shoulder then turn 180° clockwise, forming **Left Back Stance** facing 'B' (the other direction) and do a **Double Forearm Guard**.
5. Strike the left hand with a **Left Outward Crescent Kick**
6. Land in a **Left Walking Stance** and do a **Right Reverse Punch**. (pause)
7. Look to your left then move left foot to the front forming a **Right Back Stance** and do a **Double Forearm Guard**. (pause for a 1 count)
8. Step forward into a **Left Back Stance** and do a **Right Upward Punch**.
9. Look over your left shoulder then bring the right foot to the left foot turning 180° counter-clockwise forming a **Low Closed Stance** facing the right. (pause for a one count)
10. Move the left foot to the front forming a **Horse Riding Stance** facing the right and do a **Left Side Hammer Fist Strike** to the front.
11. Step forward into a **Right Hourglass Stance (Sanchin)** and do a **Right Middle Punch** (Kiai and pause for a two count).

Movements 10 & 11 are done in quick succession.
12. Step forward into a **Right Back Stance** and do a **Left Upward Punch**.
13. Look over your right shoulder then bring the left foot to the right foot turning 180° clockwise forming a **Low Closed Stance** facing the left. (pause for a 1 count)
14. Move the right foot to the front forming a **Horse Riding Stance** facing the left and do a **Right Side Hammer Fist Strike** to the front.
15. Step forward into a **Left Hourglass Stance (Sanchin)** and do a **Left Middle Punch** (Kiai and pause for a two count).

Movements 14 & 15 are done in quick succession.
16. Look to your right then move right foot backwards to 'E' into a **Right Back Stance** facing 'F' (the right) and do a **Twin Knife Hand Block**.



Jokyu Nidan (32 Movements)



17. Strike the left palm with a **Right Inward Crescent Kick**
18. Land in a **Left Back Stance** and do **Right Inward Knife Hand Strike**.
19. Look over your right shoulder then move right foot backwards turning 180° clockwise forming **Left Back Stance** facing 'E' (the other way) and do a **Twin Knife Hand Block**.
20. Strike the right palm with a **Left Inward Crescent Kick**
21. Land in a **Right Back Stance** and do **Left Inward Knife Hand Strike**.
22. Look to your left then move left foot to the back to 'C' forming a **Right Back Stance** facing 'D' (the back) and do a **Double Forearm Guard**. (pause)
23. Move the left foot out forming a **Left Walking Stance** and do a **Left Low Block**. (slow and strong)
24. Stationary **Left High Block**, then **Right Middle Reverse Punch**. (fast)
25. **Right High Front Kick** landing in a **Left Back Stance** and do a **Double Forearm Guard** (Kiai and pause for a two count)
26. Move the right out forming a **Right Walking Stance** and do a **Right Low Block**. (slow and strong)
27. **Right High Block** followed by a **Left Middle Reverse Punch**. (fast)
28. **Left High Front Kick** landing in a **Right Back Stance** and do a **Double Forearm Guard** (Kiai and pause for a two count)
29. Look to your right then move right foot backwards to 'B' into a **Right Back Stance** facing 'A' (your right) and do a **Left Knife Hand Block**. (pause for a one count)
30. Deliver a **Right Side Kick** land in a **Left Back Stance** and do a **Right Knife Hand Strike**. (pause for a one count)
31. Look over your right shoulder then step forward to 'A' pivoting 180° on the right foot and form **Left Back Stance** facing 'B' (the other way) and do a **Knife Hand Block**. (pause for a one count)
32. Deliver a **Left Side Kick** land in a **Right Back Stance** and do a **Left Knife Hand Strike**. (Kiai)

Hold for a Slow 4 Count

Bring right foot back to Ready Stance

END OF KATA

武士道