

## Gekisai Ichi

- Bow – Hands in Front
- Step forward with right foot and turn left into a left forward fighting stance with a left high rising block
- Step into a right Forward Fighting stance and punch to the head with the right arm
- Step back into a duck feet stance with a left low block
- Step forward with left foot and turn right into a Forward Fighting stance with a right high rising block
- Step into a left Forward Fighting stance and do a left punch to the face
- Step back into a duck feet stance with a right low block
- Step forward into a left Sanchin Stance with a left middle block
- Step into a right Sanchin Stance with a right middle block
- Perform a left Front Snap Kick, land with your leg forward; perform a left Elbow to the head followed by a left Backfist. Perform a left Low Block and then a Reverse Punch.
- Slide right foot to left and then step out with your right foot into a natural stance and perform a right knife hand to the face.
- Step into a left Sanchin stance and do a left Middle Block
- Perform a right Front Snap Kick, land with your leg forward; perform right Elbow to the head followed by a right Backfist. Perform a right Low Block and then a Reverse Punch.
- Slide left foot to right and then step out with your left foot into a natural stance and perform a left knife hand to the face.
- Step back with the left leg and into a right Forward Fighting
- Perform a double punch
- Slide left foot to right, step back with right foot while performing a left Middle Block.
- Perform a double punch.
- Open left hand, place right hand on top, step forward feet together.
- Bow