

Sanchin Ichi

- Stand formal attention stance
- Bow
- Show backs of hands low
- Step right into Sanchin stance and perform a double middle block
- Reverse Punch, bring arm back to middle block
- Step Left into Sanchin stance
- Reverse Punch, bring arm back to middle block
- Step right into Sanchin stance
- Perform 5 punches: reverse, forward, reverse, forward, reverse punch
- Perform 4 extended fingers strikes
- Step back with right leg while performing a roundhouse block
- Perform a double palm hand strike
- Step back left leg into Sanchin stance while performing a roundhouse block
- Perform double palm hand block
- Hands together step back feet together
- Bow