

Sanchin NI

- 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
- Reverse Punch, bring arm back to middle block
- Step right foot in-front of left, spin 180 degrees into a left Sanchin stance. While spinning perform a left middle block, right hand chambered and then right reverse punch
- Step right into Sanchin stance
- 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
- Reverse Punch, bring arm back to middle block
- Step right foot in-front of left, spin 180 degrees into a left Sanchin stance. While spinning perform a left middle block, right hand chambered and then right reverse punch
- Step right into Sanchin stance
- Perform 5 punches: reverse, forward, reverse, forward, reverse punch
- Four 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 up feet together and bow