

## BASSAI DAI

“To Thrust Asunder” or “To Penetrate a Fortress”

- 1) FROM NATURAL STANCE, TO ATTENTION, THEN TO YOI ( KNEES RELAXED ), BY MOVING THE ARMS, BRING BOTH HANDS IN FRONT OF THE GROIN, THE RIGHT HAND AS A FIST ( PALM UP ) AND THE LEFT HAND CUPPING LIGHTLY UNDER THE RIGHT ( PALM UP ). KEEP ARMS CLOSE TO SIDES OF BODY AND KNEES SLIGHTLY BENT.
- 2) WHILE SLIDING FORWARD WITH THE RIGHT FOOT BRING THE CUPPED HANDS UP TO THE RIGHT SHOULDER WHILE PREPARING FOR OUTSIDE MIDDLE BLOCK, WHILE MOVING FORWARD, THE RIGHT FIST MOVES AS AN OUTSIDE MIDDLE BLOCK REINFORCING ( AUGMENTING ) THE LEFT HAND OPENS WHILE DOING A BACK HAND BLOCK, (PROTECTING THE SOLAR PLEXUS ) AND THE LEFT FOOT TRAILS BEHIND LANDING ON THE BALL OF THE LEFT FOOT ( KNEES TOUCHING, AS IN REVERSE CAT STANCE ).
- 3) LOOKING OVER THE LEFT SHOULDER, WHILE PIVOTING ON THE BALL OF THE RIGHT FOOT TURN LEFT 180 DEGREES INTO AN EXAGGERATED LEFT FORWARD STANCE DOING AN LEFT INSIDE MIDDLE BLOCK, RIGHT FIST REACTION, THEN A RIGHT INSIDE MIDDLE BLOCK, LEFT FIST REACTION. ( WITH THE FORCE OF THE SECOND BLOCK THE LEFT LEG SHOULD COME BACK INTO A NORMAL FORWARD STANCE. )
- 4) LOOKING OVER THE RIGHT SHOULDER, WHILE PIVOTING ON THE BALL OF THE LEFT FOOT TURN RIGHT 180 DEGREES INTO AN EXAGGERATED RIGHT FORWARD STANCE DOING A LEFT OUTSIDE MIDDLE, RIGHT FIST REACTION, FOLLOWED BY AN RIGHT INSIDE MIDDLE BLOCK, LEFT FIST REACTION. ( WITH THE FORCE OF THE SECOND BLOCK THE RIGHT LEG SHOULD COME BACK INTO A NORMAL FORWARD STANCE.)
- 5) LOOKING OVER THE RIGHT SHOULDER, WHILE PIVOTING ON THE BALL OF THE LEFT FOOT TURN RIGHT 90 DEGREES INTO SUMO STANCE WHILE DOING A RIGHT LOW BACK FIST TO THE RIGHT SIDE, LEFT FIST REACTION.
- 6) LOOKING STRAIGHT A HEAD, AT THE SAME TIME BRING THE RIGHT LEG BACK UP TO THE LEFT INTO NATURAL STANCE AS THE RIGHT ELBOW BENDS BRINGING THE RIGHT FIST UP EAR HEIGHT, LEFT FIST REACTION.

- 7) BRING THE LEFT FIST IN FRONT IN COMAI ( COVERING THE SOLAR PLEXUS ) THEN SLIDE THE RIGHT FOOT OUT INTO RIGHT CAT STANCE WITH A RIGHT OUTSIDE MIDDLE BLOCK, LEFT FIST REACTION, FOLLOWED BY A LEFT INSIDE MIDDLE BLOCK, ( SQUARING THE HIPS ), RIGHT FIST REACTION.
- 8) LOOKING OVER THE LEFT SHOULDER, DROP THE RIGHT HEEL DOWN AND PIVOT ON THE FOOT TURN LEFT 90 DEGREES INTO NATURAL STANCE WHILE BRING THE LEFT FIST DOWN INTO COMAI (COVERING THE SOAR PLEXUS), RIGHT FIST REACTION.
- 9) SLIDING THE RIGHT FOOT OUT TO THE SIDE WITH THE RIGHT KNEE BENT AND THE LEFT LEG STRAIGHT DO A LEFT HAMMER FIST STRIKE TO THE FRONT AT SHOULDER HEIGHT (IN LINE WITH THE LEFT SHOULDER) PALM DOWN, WITH RIGHT ARM FIRST EXTENDED THEN RIGHT FIST REACTION. ON THE BALLS OF THE FEET REVERSE YOUR STANCE, LEFT KNEE BENT & THE RIGHT LEG STRAIGHT WHILE DOING A RIGHT FRONT PUNCH TO THE MID SECTION, LEFT FIST REACTION, BRING THE RIGHT FIST BACK TO THE LEFT SIDE OF THE CHEST AND DO A RIGHT INSIDE MIDDLE BLOCK TO THE FRONT LEAVING THE LEFT FIST AS REACTION ( A PROPER RIGHT INSIDE MIDDLE BLOCK IS ALSO CORRECT ).
- 10) ON THE BALLS OF YOUR FEET REVERSE YOUR STANCE, RIGHT KNEE BENT & THE LEFT LEG STRAIGHT WHILE DOING A LEFT FRONT PUNCH TO THE MID SECTION, RIGHT FIST REACTION, THEN BRING THE LEFT FIST BACK TO THE RIGHT SIDE OF THE CHEST AND DO A LEFT INSIDE MIDDLE BLOCK TO THE FRONT LEAVING THE RIGHT FIST AS REACTION ( A PROPER RIGHT INSIDE MIDDLE BLOCK IS ALSO CORRECT ).
- 11) SLIDE THE RIGHT LEG TO THE FRONT INTO A RIGHT CAT STANCE WHILE DOING A RIGHT LOW SHUTO, LEFT SHUTO ( PALM UP ) IN FRONT OF SOLAR PLEXUS.
- 12) STEP FORWARD INTO A LEFT CAT STANCE WHILE DOING A LEFT LOW SHUTO, RIGHT OPEN HAND ( PALM UP ) AT SOLAR PLEXUS.
- 13) STEP FORWARD INTO A RIGHT CAT STANCE WITH A RIGHT LOW SHUTO, LEFT OPEN HAND ( PALM UP ) AT SOLAR PLEXUS.
- 14) SLIDE THE RIGHT FOOT BACK INTO LEFT CAT STANCE WHILE DOING A LEFT INSIDE MIDDLE OPEN HAITO BLOCK ( PALM UP ) TO THE FRONT MID SECTION, REACTION HAND COMES TO WAIST. AS THE LEFT HAITO BLOCK TURNS ( PALM DOWN ) & GRABS ATTACKER'S WRIST BRING RIGHT HAND FROM HIP TO DO A PALM HEEL STRIKE TO ATTACKERS SHOULDER JOINT

YOU TWIST TO THE LEFT ON THE BALLS OF YOUR FEET INTO REVERSE CAT STANCE.

15) BRINGING THE RIGHT LEG UP FOR A RIGHT SIDE KICK AT THE SAME TIME GRAB THE SHOULDER WITH THE RIGHT HAND AND PULL YOUR ATTACKER PAST YOUR BODY ON THE LEFT SIDE, WHILE DOING A RIGHT SIDE KICK TO THE KNEE WITH **KIAI** BRING THE RIGHT FOOT BACK TO THE LEFT KNEE FOR BALANCE, LOOKING OVER THE LEFT SHOULDER, PLACE THE RIGHT FOOT DOWN WHILE PIVOTING LEFT 90 DEGREES GOING INTO LEFT CAT STANCE WITH A LEFT SHUTO, RIGHT OPEN HAND ( PALM UP ) AT SOLAR PLEXUS.

16) STEP INTO RIGHT CAT STANCE WITH A RIGHT SHUTO, LEFT OPEN HAND ( PALM UP ) AT SOLAR PLEXUS.

17) BRING THE RIGHT FOOT BACK INTO NATURAL STANCE WHILE BRING BOTH FISTS UP TO THE SIDES OF THE HEAD AT EAR HEIGHT ( PALMS TO THE FRONT ).

18) WHILE SLIDING FORWARD WITH THE RIGHT FOOT INTO ZENKUTSU STANCE DOING DOUBLE HAMMER FIST TRAP TO THE MID SECTION ( PALMS UP ), PUSH OFF WITH THE LEFT LEG IN TRANSITION STANCE CHASING OPPONENT WHILE DOING A RIGHT MID SECTION FRONT PUNCH, LEFT FIST REACTION, LOOKING AT OPPONENT CHASING, RIGHT FOOT SLIDING FORWARD AND PIVOTING AS IT LANDS 90 DEGREES TO LEFT AND LEFT FOOT MOVES INTO NATURAL STANCE WHILE BRINGING THE LEFT FIST TO THE RIGHT SHOULDER ( SET UP FOR A LOW BLOCK TO THE LEFT SIDE ), DO A RIGHT INSIDE MID BLOCK TO THE SIDE OF THE HEAD AT EAR HEIGHT AND A LEFT LOW BLOCK TO THE SIDE ( LOOKING TO THE LOW BLOCK ).

19) WHILE BRING BOTH FIST BACK TO THE LEFT HIP ( FIST UP ), PIVOT ON THE LEFT HEEL TURN LEFT 180 DEGREES LANDING IN SUMO STANCE WHILE BOTH FISTS FOLLOW THROUGH ONE WITH A LEFT MID SECTION PUNCH, THE OTHER WITH A RIGHT LOW SECTION PUNCH TOGETHER AT THE RIGHT SIDE.

20) LOOKING OVER THE LEFT SHOULDER, BRING THE LEFT FIST UP TO THE RIGHT SHOULDER WHILE BRINGING THE RIGHT LEG FORWARD, PIVOTING ON THE LEFT FOOT GOING INTO ALMOST NATURAL STANCE (LEFT FOOT IS A ½ A FOOT AHEAD OF THE RIGHT) WHILE DOING A LEFT HAMMER FIST STRIKE STRAIGHT OUT AT SHOULDER HEIGHT ( PALM DOWN ), RIGHT FIST REACTION.

21) TURNING THE LEFT FIST 90 DEGREES AND OPENING THE PALM, FOLLOWED BY A RIGHT FRONT KICK TO THE MID SECTION, LAND KICK INTO A RIGHT FORWARD STANCE WHILE DOING A RIGHT FOREARM ELBOW STRIKE INTO THE LEFT OPEN HAND WHICH HAS COME FORWARD TO THE BODY AS A TARGET, THE RIGHT FIST SLIDES DOWN INTO A RIGHT LOW BLOCK AS THE LEFT HAND COMES UP TO THE RIGHT SHOULDER INTO A FIST ( AS A SET UP FOR A LEFT LOW BLOCK ).

22) WHILE STILL IN RIGHT FORWARD STANCE, DO A LEFT LOW BLOCK AS THE RIGHT FIST COMES UP TO THE LEFT SHOULDER ( SET UP FOR A RIGHT LOW BLOCK ). WHILE STILL IN RIGHT FORWARD STANCE, DO A RIGHT LOW BLOCK AS THE LEFT FIST COMES UP TO THE RIGHT SHOULDER ( BLOCKING ARM TRAVELS BELOW REACTION ARM ).

23) WHILE STILL IN RIGHT FORWARD STANCE BRING BOTH FIST TO THE LEFT HIP, AT THE SAME TIME DO A RIGHT INVERTED FRONT PUNCH TO THE MID SECTION WHILE THE LEFT FIST IS DOING A STRAIGHT FRONT PUNCH TO THE FACE LEVEL.

24) BRING THE RIGHT LEG BACK TO THE LEFT AS BOTH FISTS ARE COMING BACK TO THE RIGHT HIP, THEN STEP OUT INTO LEFT FORWARD STANCE WHILE AT THE SAME TIME DOING A LEFT INVERTED PUNCH TO THE MID SECTION WHILE THE RIGHT FIST IS DOING A STRAIGHT FRONT PUNCH TO THE FACE LEVEL.

25) BRING THE LEFT LEG BACK TO THE RIGHT AS BOTH FISTS ARE COMING BACK TO THE LEFT HIP, THEN STEP OUT INTO RIGHT FORWARD STANCE WHILE AT THE SAME TIME DOING A RIGHT INVERTED FRONT PUNCH TO THE MID SECTION WHILE THE LEFT FIST IS DOING A STRAIGHT FRONT PUNCH TO THE FACE LEVEL.

26) LOOKING OVER THE LEFT SHOULDER, PIVOTING ON THE BALL OF THE RIGHT FOOT TURN LEFT 180 DEGREES, BENDING THE LEFT KNEE WHILE KEEPING THE RIGHT LEG STRAIGHT WHILE DOING A RIGHT INVERTED LOW BLOCK TO THE CENTRE OF THE BODY, LEFT FIST REACTION, THEN BRING THE RIGHT FIST ( PALM DOWN ) UP TO THE LEFT SIDE OF THE CHEST THEN DO A RIGHT INSIDE MIDDLE BLOCK TO THE FRONT, LEFT FIST STILL REACTION.

27) ON THE BALLS OF THE FEET SHIFT TO THE LEFT, BENDING THE RIGHT KNEE WHILE KEEPING THE LEFT LEG STRAIGHT WHILE DOING A LEFT INVERTED LOW BLOCK TO THE CENTRE OF THE BODY, RIGHT FIST REACTION, THEN BRING THE LEFT FIST ( PALM DOWN ) UP TO THE RIGHT SIDE OF THE CHEST THEN DO A LEFT INSIDE MIDDLE BLOCK TO THE FRONT, RIGHT FIST STILL REACTION.

28) LOOKING TO THE RIGHT, AT A 45 DEGREE ANGLE BRING THE RIGHT LEG BACK INTO RIGHT CAT STANCE AS THE RIGHT FIST COMES UP INTO A RIGHT MIDDLE SECTION AS IF DOING A INSIDE MIDDLE BLOCK ENDING WITH OPEN HAND HAITO ( PALM UP ) AS THE LEFT FIST COMES UP OVER THE RIGHT FOREARM ( PALM UP ) INTO A LEFT HAITO BLOCK ( TRAPPING THE PUNCH ).

29) TURN THE RIGHT HAITO DOWN INTO A GRAB ( THE WRIST ), SLIDING THE RIGHT FOOT 45 DEGREES BACK AND TO THE RIGHT, SLIDING INTO SHIKIDASH STANCE WHILE THROWING OFF YOUR OPPONENT ( WITH THE LEFT HAND GUIDING ) TO THE RIGHT SIDE AT SHOULDER HEIGHT.

30) LOOKING TO THE LEFT, BRING THE LEFT LEG BACK INTO LEFT CAT STANCE PIVOTING 180 DEGREES DO A LEFT INSIDE MIDDLE BLOCK WITH LEFT HAND OPEN AS HAITO BLOCK ( PALM UP ) AND THE RIGHT HAND COMES UP OVER THE LEFT FOREARM INTO A RIGHT TRAP ( PALM UP ), THEN TURN LEFT HAND DOWN TO GRAB AS THE RIGHT HAND COMES BACK TO MID SECTION IN PREPARATION FOR A PALM HEEL STRIKE.

31) BRING THE LEFT LEG BACK INTO NATURAL STANCE AS THE RIGHT HAND FORMS A FIST AT THE GROIN AS THE LEFT HAND COVERS THE RIGHT FIST ( PALM UP ). THEN TO ATTENTION.