

## JIHON

( SANCHIN STANCE - feet should be in normal natural stance, move the right foot back in line with the left heel, pivot on the ball of the left foot turning the heel 45 degrees to the left, pivot on the ball of the right foot turning the heel 45 degrees to the right, tucking the rear under. )

- 1) FROM NATURAL STANCE, ATTENTION, MOVE THE RIGHT FIST UP TO THE CENTRE OF THE BODY, LIGHTLY CUPPING THE LEFT HAND OVER THE RIGHT, IN A PYRAMID. MOVE THE RIGHT FOOT BACK INTO SANCHIN STANCE WHILE DOING A RIGHT LOW BLOCK AND A LEFT INSIDE MIDDLE BLOCK.
- 2) LOOKING TO THE LEFT, TURN LEFT 45 DEGREES INTO LEFT CAT STANCE WHILE BRINGING THE RIGHT FIST UP TO DO A CROSS BLOCK (PALMS IN) THEN TURN BOTH FISTS OUT, ELBOWS TUCKED IN AND FISTS OUT AT SHOULDER HEIGHT ( PROTECTING THE RIBS ).
- 3) MOVE THE LEFT FOOT TO THE LEFT SIDE & FORWARD, DO A RIGHT FRONT KICK TO THE MID SECTION, WHILE STEPPING INTO RIGHT FORWARD STANCE DO A TRIPLE PUNCH STARTING WITH THE RIGHT FIST. LEFT FIST IS REACTION.
- 4) LOOKING TO THE RIGHT, PIVOT ON THE BALL OF THE LEFT FOOT TURN RIGHT 45 DEGREES INTO A RIGHT CAT STANCE WHILE BRINGING THE LEFT FIST UP TO DO A CROSS BLOCK ( PALMS IN ) THEN TURN BOTH FISTS OUT, ELBOWS TUCKED IN AND FISTS OUT AT SHOULDER HEIGHT.
- 5) MOVE THE RIGHT FOOT TO THE RIGHT SIDE & FORWARD, DO A LEFT FRONT KICK TO THE MID SECTION WHILE STEPPING INTO A LEFT FORWARD STANCE DO A TRIPLE PUNCH STARTING WITH THE LEFT FIST. RIGHT FIST IS REACTION.
- 6) LOOKING TO THE LEFT, TURN LEFT 45 DEGREES STEPPING OUT INTO A LEFT FORWARD STANCE WITH A LEFT HIGH BLOCK AND A RIGHT MID SECTION FRONT PUNCH, LEFT FIST IS REACTION.
- 7) SLIDE INTO A RIGHT FORWARD STANCE WITH A RIGHT HIGH BLOCK AND A LEFT MID SECTION FRONT PUNCH, RIGHT FIST IS REACTION.
- 8) SLIDE INTO A LEFT FORWARD STANCE WITH A LEFT HIGH BLOCK. SLIDE INTO A RIGHT FORWARD STANCE WITH A RIGHT MID SECTION FRONT PUNCH, LEFT FIST IS REACTION.

- 9) LOOKING OVER THE LEFT SHOULDER, TURN LEFT 225 DEGREES, DO A RIGHT HAND INSIDE MIDDLE BLOCK COMPLETELY TO THE RIGHT SIDE AT SHOULDER HEIGHT, DO A LEFT LOW BLOCK TO THE LEFT SIDE IN KOKUTSU STANCE ( RIGHT KNEE BENT AND LEFT LEG STRAIGHT ), THEN BRING THE RIGHT LEG UP TO MEET THE LEFT FOOT WHILE DOING A RIGHT SLIP PUNCH TO THE LEFT WHILE LEFT FIST IS REACTION.
- 10) DO A LEFT HAND INSIDE MIDDLE BLOCK COMPLETELY TO THE LEFT SIDE AT SHOULDER HEIGHT, DO A RIGHT LOW BLOCK TO THE RIGHT SIDE IN KOKUTSU STANCE ( LEFT KNEE BENT AND RIGHT LEG STRAIGHT ), THEN BRING THE LEFT LEG UP TO MEET THE RIGHT FOOT WHILE DOING A LEFT SLIP PUNCH TO THE RIGHT WHILE RIGHT FIST IS REACTION.
- 11) LOOKING OVER THE LEFT SHOULDER, PIVOT ON THE BALL THE RIGHT FOOT, TURN TO THE LEFT 90 DEGREES INTO A SUMO STANCE WITH A LEFT LOW BLOCK TO THE LEFT SIDE, RIGHT FIST IS REACTION.
- 12) PIVOTING ON THE LEFT FOOT BRING THE RIGHT FOOT 180 DEGREES TO THE LEFT INTO SUMO STANCE AT THE SAME TIME LOWER RIGHT ARM, PALM FACING BACK DOING A RIGHT HAND SCOOP BLOCK TO THE MID SECTION, LEFT FIST IS REACTION.
- 13) PIVOTING ON THE RIGHT FOOT BRING THE LEFT FOOT 180 DEGREES TO THE RIGHT INTO SUMO STANCE AT THE SAME TIME LOWER LEFT ARM, PALM FACING BACK DOING A LEFT HAND SCOOP BLOCK TO THE MID SECTION, RIGHT FIST IS REACTION.
- 14) PIVOTING ON THE LEFT FOOT BRING THE RIGHT FOOT 180 DEGREES TO THE LEFT INTO SUMO STANCE AT THE SAME TIME LOWER RIGHT ARM, PALM FACING BACK DOING A RIGHT HAND SCOOP BLOCK TO THE MID SECTION, LEFT FIST IS REACTION.
- 15) LOOKING OVER THE LEFT SHOULDER, PIVOTING ON THE BALL OF THE RIGHT FOOT, TURNING TO THE LEFT 90 DEGREE WHILE DOING A LEFT LOW BLOCK TO THE LEFT SIDE & WITH THE RIGHT FIST DO A MID SECTION SLIP PUNCH TO THE LEFT WHILE IN KOKUTSU STANCE ( THE LEFT LEG STRAIGHT ). THEN BRING THE RIGHT LEG UP TO MEET THE LEFT INTO NATURAL STANCE WHILE DOING A LEFT AUGMENTED BLOCK TO THE LEFT SIDE.
- 16) LOOKING TO THE RIGHT WHILE DOING A RIGHT LOW BLOCK TO THE RIGHT SIDE & WITH THE LEFT FIST DO A MID SECTION SLIP PUNCH TO THE RIGHT WHILE THE IN KOKUTSU STANCE ( THE RIGHT LEG STRAIGHT ). THEN BRING THE LEFT LEG UP TO MEET THE RIGHT INTO NATURAL STANCE WHILE DOING A RIGHT AUGMENTED BLOCK TO THE RIGHT SIDE.

17) WHILE STILL LOOKING TO THE RIGHT, TAKE ONE STEP FORWARD & TO THE LEFT WHILE CROSSING BOTH FISTS OVER THE SOLAR PLEXUS & TAKING A DEEP BREATH IN, BOTH FISTS ARE REACTION WHILE COUNTING 1, 2, 3.

18) WHILE TURNING THE HEAD TO THE FRONT COUNT 1, 2, 3, THEN STEP FORWARD WITH THE RIGHT FOOT, THE LEFT FOOT SLIDING BEHIND WITH THE BALL OF THE LEFT FOOT RESTING BEHIND THE RIGHT ( KOSA DACHI ) WHILE DOING A CROSS BLOCK TO THE LOW SECTION. PUSHING BACKWARDS INTO RIGHT FORWARD STANCE ( A PERSON IS GRABBING YOUR WRISTS & YOU ARE PULLING BACK ) BRING THE FISTS UP INTO A CROSS BLOCK SOLAR PLEXUS HEIGHT FLING BOTH ARMS OUT INTO BACK FISTS (PALMS DOWN), SHOULDER HEIGHT.

19) STEPPING FORWARD INTO LEFT CAT STANCE, CROSSING ARMS IN FRONT OF THE SOLAR PLEXUS (PALMS OUT) DO INSIDE MIDDLE BLOCKS WITH BOTH ARMS (ELBOWS TUCKED IN).

20) STEPPING FORWARD INTO RIGHT CAT STANCE, BRING BOTH FISTS BACK TO THE HIPS, DO A HIGH CROSS BLOCK ( RIGHT FIST ON TOP OF THE LEFT ) SO YOU CAN SEE UNDER THE BLOCK. AT THE SAME TIME DO A RIGHT LOW BLOCK & A LEFT HIGH BLOCK PROTECTING THE TEMPLE, THEN AT THE SAME TIME DO A LEFT LOW BLOCK & A RIGHT HIGH BLOCK PROTECTING THE TEMPLE, THEN DO A RIGHT BACK FIST WITH **KIAI** TO THE NOSE WITH LEFT ARM IN COMI.

21) LOOKING TO THE RIGHT, DROP THE RIGHT HEEL AND PIVOT TO THE LEFT TURNING 270 DEGREES GOING INTO A LEFT CAT STANCE WHILE DOING A LEFT INSIDE MIDDLE BLOCK, RIGHT FIST IS REACTION, STEP FORWARD INTO RIGHT FORWARD STANCE WITH A RIGHT FRONT PUNCH, LEFT FIST IS REACTION.

22) LOOKING OVER THE RIGHT SHOULDER, BRING RIGHT LEG BACK TO LEFT FOOT, PIVOTING ON THE BALL OF THE LEFT FOOT TURN TO THE RIGHT 180 DEGREES LANDING IN RIGHT CAT STANCE WITH A RIGHT INSIDE MIDDLE BLOCK, LEFT FIST IS REACTION, STEP FORWARD INTO LEFT FORWARD STANCE WITH A LEFT FRONT PUNCH, RIGHT FIST IS REACTION.

23) LOOKING TO THE LEFT, BRING LEFT FOOT BACK TO RIGHT WHILE BRINGING THE LEFT FIST TO THE RIGHT SHOULDER THEN SLIDE TO THE LEFT INTO SUMO STANCE WITH A LEFT LOW BLOCK TO THE LEFT SIDE, RIGHT FIST IS REACTION.

24) TURN THE LEFT FOOT FORWARD, WHILE PIVOTING ON THE BALL OF THE LEFT FOOT, THE LEFT ARM CROSSES IN FRONT OF THE MID SECTION

FORMING A COMI, SLIDING THROUGH TURNING TO THE LEFT 180 DEGREES STAYING IN SUMO STANCE DOING A RIGHT OUTSIDE MIDDLE BLOCK TO THE RIGHT SIDE, LEFT FIST IS REACTION.

25) TURN THE RIGHT FOOT FORWARD, WHILE PIVOTING ON THE BALL OF THE RIGHT FOOT, THE RIGHT ARM CROSSES IN FRONT OF THE MID SECTION FORMING A COMI, SLIDING THROUGH TURNING TO THE RIGHT 180 DEGREES STAYING IN SUMO STANCE DOING A LEFT OUTSIDE MIDDLE BLOCK TO THE LEFT SIDE, RIGHT FIST IS REACTION.

26) TURN THE LEFT FOOT FORWARD, WHILE PIVOTING ON THE BALL OF THE LEFT FOOT, THE LEFT ARM CROSSES IN FRONT OF THE MID SECTION FORMING A COMI, SLIDING THROUGH TURNING TO THE RIGHT 180 DEGREES STAYING IN SUMO STANCE DOING A RIGHT OUTSIDE MIDDLE BLOCK TO THE RIGHT SIDE, LEFT FIST IS REACTION.

27) LOOKING OVER THE LEFT SHOULDER, BRING THE LEFT FOOT UP TO THE RIGHT FOOT, BRING BOTH FISTS TO THE RIGHT HIP PALMS UP, TURN TO THE LEFT 90 DEGREES SLIDING OUT WITH THE LEFT FOOT THEN COME UP INTO NATURAL STANCE DOING DOUBLE SLIP PUNCHES TO THE MID SECTION. BRING BOTH FIST TO THE LEFT HIP PALMS UP, SLIDE THE RIGHT FOOT OUT THEN COME UP INTO NATURAL STANCE DOING DOUBLE SLIP PUNCHES TO THE MID SECTION WITH **KIAI**.

STEP TO THE LEFT WITH THE LEFT FOOT BRING THE RIGHT ONE TO FOLLOW, MOVE THE RIGHT FIST UP TO THE CENTRE OF THE BODY, LIGHTLY CUPPING THE LEFT HAND OVER THE RIGHT, IN A PYRAMID, THEN ATTENTION.