

Jiin

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

- 1) FROM NATURAL STANCE, ATTENTION, MOVE THE RIGHT FIST UP TO THE CENTRE OF THE BODY, LIGHTLY CUPPING THE LEFT AND OVER THE RIGHT, IN A PYRAMID. MOVE THE LEFT FOOT BACK INTO SANCHIN STANCE WHILE DOING A LEFT LOW BLOCK AND A RIGHT INSIDE MIDDLE BLOCK.
- 2) LOOKING TO THE LEFT, SLIDE THE LEFT FOOT OUT TO SIDE WITH THE LEFT LEG STRAIGHT, AND THE RIGHT KNEE IS BENT (KOKUTSU DACHI). DO A LEFT LOW BLOCK OVER THE LEFT LEG WHILE DOING A RIGHT INSIDE MIDDLE BLOCK OVER THE RIGHT LEG PROTECTING THE SIDE OF THE HEAD. LOOKING TO THE RIGHT, PIVOT ON FEET REVERSING THE ABOVE MOVES.
- 3) LOOKING TO THE LEFT, SLIDE THE LEFT FOOT BACK, PIVOTING TO THE LEFT 90 DEGREES INTO LEFT FORWARD STANCE DOING A LEFT HIGH BLOCK, RIGHT FIST IS REACTION. STEP FORWARD INTO RIGHT FORWARD STANCE DOING A RIGHT FRONT PUNCH TO THE SOLAR PLEXUS, LEFT FIST IS REACTION.
- 4) LOOKING OVER THE RIGHT SHOULDER, PIVOTING ON THE BALL OF THE LEFT FOOT TURN TO THE RIGHT 180 DEGREES, STEPPING INTO A RIGHT FORWARD STANCE DOING A RIGHT HIGH BLOCK, LEFT FIST IS REACTION. STEP FORWARD INTO LEFT FORWARD STANCE DOING A LEFT FRONT PUNCH TO THE MIDDLE SECTION, RIGHT FIST IS REACTION.
- 5) LOOKING TO THE LEFT, BRING LEFT FOOT BACK TO RIGHT AS THE LEFT FIST GOES TO THE RIGHT SHOULDER, SLIDE OUT TO THE LEFT IN SUMO STANCE AND DO A LEFT LOW BLOCK TO THE SIDE, RIGHT FIST IS REACTION.
- 6) PIVOTING ON THE LEFT FOOT BRING THE RIGHT 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 REACTION.

7) 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 REACTION.

8) 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 REACTION.

9) LOOKING OVER THE LEFT SHOULDER, PIVOTING ON THE BALL OF THE RIGHT FOOT TURN TO THE LEFT 225 DEGREES, TURNING INTO LEFT CAT STANCE, BRING BOTH FIST UP TO DO A CROSS BLOCK (PALMS IN) THEN TURN BOTH FISTS OUT, ELBOWS TUCKED IN AND FISTS OUT AT SHOULDER HEIGHT.

10) SLIDE THE LEFT FOOT OUT, DO A RIGHT MID SECTION FRONT KICK, FOLLOWED BY A RIGHT MID SECTION FRONT PUNCH FOLLOWED BY A LEFT FRONT MID SECTION PUNCH THEN A BLACK TIGER OVER THE RIGHT LEG (INSIDE MIDDLE OVER RIGHT LEG, LOW BLOCK OVER LEFT).

11) LOOKING TO THE RIGHT, BRING THE RIGHT LEG BACK, PIVOTING ON THE BALL OF THE LEFT FOOT TURN TO THE RIGHT 90 DEGREES STEPPING INTO RIGHT CAT STANCE, WHILE BRINGING BOTH FIST UP TO DO A CROSS BLOCK (PALMS IN) THEN TURN BOTH FISTS OUT, ELBOWS TUCKED IN AND FISTS OUT AT SHOULDER HEIGHT.

12) SLIDE THE RIGHT FOOT OUT, DO A LEFT MID SECTION FRONT KICK, FOLLOWED BY A LEFT FRONT MID SECTION PUNCH FOLLOWED BY A RIGHT FRONT MID SECTION PUNCH THEN DO A BLACK TIGER OVER THE LEFT LEG (INSIDE MIDDLE BLOCK OVER LEFT LEG, LOW BLOCK OVER RIGHT LEG).

13) MOVING THE RIGHT LEG, PIVOTING ON THE BALL OF THE LEFT FOOT, TURNING TO THE RIGHT 325 DEGREES AS THE RIGHT FIST GOES TO THE LEFT SHOULDER, STEPPING OUT INTO SUMO STANCE WITH A RIGHT TETSUI SHOULDER HEIGHT (LOOKING TO THE RIGHT), LEFT FIST REACTION.

14) MOVING THE LEFT FOOT AS THE LEFT FIST GOES TO THE RIGHT SHOULDER, PIVOTING ON THE BALL OF THE RIGHT FOOT, TURN TO THE LEFT 180 DEGREES, STEPPING INTO SUMO STANCE WITH A LEFT TETSUI SHOULDER HEIGHT (LOOKING TO THE LEFT), RIGHT FIST REACTION.

15) LOOKING OVER THE LEFT SHOULDER, BRING LEFT FOOT BACK TO RIGHT FOOT AS THE LEFT FIST GOES TO THE RIGHT SHOULDER, PIVOTING ON THE BALL OF THE RIGHT FOOT, TURNING TO THE LEFT 90 DEGREES STAYING IN SUMO STANCE DO A LEFT TETSUI, SHOULDER HEIGHT, RIGHT FIST REACTION. LUNGING OFF OF THE RIGHT FOOT, STAYING IN SUMO STANCE DO A RIGHT SLIP PUNCH TO THE NOSE FOLLOWED BY A LEFT SLIP PUNCH TO THE MID SECTION RIGHT FIST IS REACTION.

16) BRING THE LEFT FOOT BACK TO THE RIGHT FOOT, PIVOT ON THE BALL OF THE RIGHT FOOT, TURNING LEFT 180 DEGREES GOING INTO SUMO STANCE WITH A LEFT BLACK TIGER (INSIDE MIDDLE BLOCK ON LEFT SIDE). DROP LEFT ARM DOWN, THEN BRING BOTH ARMS UP TO DO A CROSS BLOCK AT THE MID SECTION (PALMS OUT) FOLLOWED WITH A RIGHT FRONT PUNCH, THEN A LEFT FRONT PUNCH, THEN A RIGHT FRONT PUNCH ALL TO THE MID SECTION.

17) LOOKING TO THE LEFT, MOVE THE LEFT FOOT BACK PIVOTING ON THE BALLS OF THE FEET TURN TO THE LEFT 90 DEGREES ENDING IN LEFT FORWARD STANCE DOING A LEFT HIGH BLOCK. RIGHT FIST IS REACTION. STEP FORWARD INTO RIGHT FORWARD STANCE DOING A RIGHT FRONT MID SECTION PUNCH. LEFT FIST IS REACTION.

18) LOOKING OVER THE RIGHT SHOULDER, BRING THE RIGHT FOOT BACK TO THE LEFT, PIVOTING ON THE BALL OF THE LEFT FOOT TURN LEFT A 180 DEGREES GOING INTO RIGHT FORWARD STANCE WITH A RIGHT HIGH BLOCK. LEFT FIST IS REACTION. STEP FORWARD INTO A LEFT FORWARD STANCE DOING A LEFT MID SECTION FRONT PUNCH WITH **KIAI**. RIGHT FIST IS REACTION.

BRING LEFT FOOT BACK TO THE RIGHT TURNING THE BODY 90 DEGREES TO THE LEFT LIGHTLY CUPPING THE LEFT HAND OVER THE RIGHT, IN A PYRAMID. FEET TOGETHER. KEEP LOOKING, 1,2,3; TURN HEAD TO THE FRONT, 1,2,3, HANDS TO THE SIDE, RELAX.