

ROHAI

FROM NATURAL STANCE, ATTENTION, START - HANDS UP & THEN DOWN, WHEN THE HANDS ARE DOWN, BEND THE KNEES.

SLIDE THE RIGHT FOOT OUT TO THE RIGHT INTO SHIKO DACHI STANCE AT THE SAME TIME BRING THE SHUTO HANDS UP AND CROSSING THEM IN FRONT OF THE CHEST (RIGHT HAND TO THE OUTSIDE) SLOWLY DOING TWO SHUTO BLOCKS IN FRONT OF THE SHOULDERS (PALMS OUT).

HOLDING THAT STANCE, LOOK TO THE LEFT WHILE DOING A RIGHT SPEAR (PALM UP) HAND STRIKE TO THE MID SECTION WHILE THE LEFT SHUTO HAND IS COMING UP AS A GUARD TO THE RIGHT TEMPLE (PALM OUT).

STILL HOLDING THE STANCE, THE LEFT SHUTO HAND CLOSES AS IT COMES TO THE RIGHT SHOULDER BEFORE DOING A LEFT TETSUI AT SHOULDER HEIGHT TO THE LEFT SIDE. RIGHT FIST IS REACTION TO THE RIGHT HIP.

PULL THE LEFT HAND BACK TO THE LEFT HIP AS THE RIGHT HAND PASSES IN FRONT OF YOUR BODY TOWARDS YOUR LEFT SIDE AND DOES A SPEAR HAND TO THE MID SECTION (PALM FACING SOLAR PLEXUS).

FROM THAT STANCE, THE RIGHT HAND REMAINS STATIONARY. THE LEFT FIST NOW DOES A HATIO BLOCK TO THE MID SECTION AS THE RIGHT FIST IS REACTION ON THE RIGHT HIP. AS SOON AS THE HATIO BLOCK IS DONE, TURN THE LEFT HAND OVER AND SHOW A GRAB AND PULL THE LEFT HAND BACK TO THE LEFT HIP AS THE RIGHT FIST COMES OFF THE HIP AND DOES A MID SECTION SLIP PUNCH TO THE LEFT.

LOOK OVER THE LEFT SHOULDER. WHILE PIVOTING ON THE LEFT FOOT 180 DEGREES TO THE LEFT OPEN THE HANDS INTO SHUTOS, BRING THE SHUTO HANDS UP AND CROSSING THEM INFRONT OF THE CHEST (RIGHT HAND TO THE OUTSIDE) SLOWLY DOING TWO SHUTO BLOCKS IN FRONT OF THE SHOULDERS (PALMS OUT) WHILE LANDING IN SHIKO DACHI STANCE.

STAYING IN THAT STANCE, CLOSE YOUR RIGHT HAND INTO A FIST AND WITHOUT DRAWING IT BACK PUNCH TO THE FACE, THE LEFT HAND IS A REACTION HAND AND GOES TO THE LEFT HIP. THEN A LEFT FRONT PUNCH TO THE MID SECTION, RIGHT FIST REACTION, AND A RIGHT FRONT PUNCH TO THE MID SECTION, LEFT FIST REACTION.

SHIFTING THE WEIGHT TO THE LEFT FOOT BRING THE RIGHT FOOT SOLE UP (AS IN A SCOOP) IN FRONT OF THE LEFT KNEE WHILE THE RIGHT HAND IS DOING A RIGHT SCOOP (PALM UP) TO THE MID SECTION AND THE LEFT HAND IS DOING A SHUTO GUARD TO THE FOREHEAD (PALM OUT).

PIVOTING 180 DEGREES TO THE RIGHT ON THE BALL OF THE LEFT FOOT, LAND THE RIGHT FOOT INTO SHIKO DACHI WHILE DOING A LEFT TETSUI AT SHOULDER HEIGHT, RIGHT HAND IS REACTION ON THE HIP.

WHILE TURNING 90 DEGREES TO YOUR LEFT, SLIDE YOUR LEFT FOOT SLIGHTLY TO THE LEFT AS YOUR RIGHT FOOT COMES THROUGH INTO RIGHT ZENKUTSU DACHI WHILE DOING A RIGHT FRONT PUNCH TO THE MID SECTION; LEFT FIST IS REACTION ON THE HIP.

PIVOTING ON THE LEFT FOOT 90 DEGREES TO THE LEFT, LOOKING TO THE LEFT SHIFTING THE WEIGHT TO THE LEFT FOOT BRING THE RIGHT FOOT SOLE UP (AS IN A SCOOP) IN FRONT OF THE LEFT KNEE WHILE THE RIGHT HAND IS DOING A RIGHT SCOOP (PALM UP) TO THE MID SECTION AND THE LEFT HAND IS DOING A SHUTO GUARD TO THE FOREHEAD (PALM OUT).

PIVOTING 180 DEGREES TO THE RIGHT ON THE BALL OF THE LEFT FOOT, LAND THE RIGHT FOOT INTO SHIKO DACHI WHILE DOING A LEFT TETSUI AT SHOULDER HEIGHT, RIGHT HAND IS REACTION ON THE HIP.

WHILE TURNING 90 DEGREES TO YOUR LEFT, SLIDE YOUR LEFT FOOT SLIGHTLY TO THE LEFT AS YOUR RIGHT FOOT COMES THROUGH INTO RIGHT ZENKUTSU DACHI WHILE DOING A RIGHT FRONT PUNCH TO THE MID SECTION; LEFT FIST IS REACTION ON THE HIP.

WITHOUT MOVING THE FEET, BRING BOTH FISTS BACK TO THE LEFT HIP THEN 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.

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.

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.

LOOKING OVER THE LEFT SHOULDER TRANSFER THE WEIGHT ONTO THE LEFT FOOT WHILE BRING THE RIGHT SHUTO HAND TO THE LEFT SHOULDER, PIVOT ON THE LEFT FOOT LEFT 360 DEGREES, AT 180 DEGREES SHIFT THE WEIGHT TO THE RIGHT FOOT, DRAW THE LEFT FOOT BACK LANDING IN RIGHT CAT STANCE WHILE DOING A RIGHT FRONT SHUTO SHIFT THE WEIGHT BACK TO THE LEFT FOOT.

STEP BACK WITH THE RIGHT FOOT INTO LEFT CAT STANCE WHILE DOING LEFT FRONT SHUTO.

LOOKING TO THE RIGHT, PIVOT ON THE BALL OF THE LEFT FOOT TURN RIGHT 90 DEGREES AS THE RIGHT FOOT IS SLIDING OUT INTO SHIKO DACHI STANCE AT THE SAME TIME BRING THE SHUTO HANDS UP AND CROSSING THEM INFRONT OF THE CHEST (RIGHT HAND TO THE OUTSIDE) SLOWLY DOING TWO SHUTO BLOCKS IN FRONT OF THE SHOULDERS (PALMS OUT).

STAYING IN THAT STANCE, CLOSE YOUR RIGHT HAND INTO A FIST AND WITHOUT DRAWING IT BACK PUNCH TO THE FACE, THE LEFT HAND IS A REACTION HAND AND GOES TO THE LEFT HIP. THEN A LEFT FRONT PUNCH TO THE MID SECTION, RIGHT FIST REACTION, AND A RIGHT FRONT PUNCH TO THE MID SECTION, LEFT FIST REACTION, KIAI.

BRING THE RIGHT FOOT BACK UP INTO NATURAL STANCE. KIOTSUKE. HANDS UP AND DOWN IN FRONT OF BODY. REI.