

WANSHU

(Note: All low blocks are above the belt ... CHUDAN level)

- 1) FROM NATURAL STANCE, ATTENTION, MOVE THE HANDS UP TO COVER THE SOLAR PLEXUS (LEFT OVER RIGHT), WHILE THE HANDS ARE COMING DOWN TO COVER THE GROIN AREA THE FEET GO OUT ON A 45 DEGREE ANGLE (MUSUBI DACHI) WHILE KEEPING THE HEELS TOGETHER. NOW BRING THE FEET BACK TOGETHER, BEND THE KNEES, WHILE KEEPING THE HANDS TOGETHER BRING THEM UP TO THE LEFT SIDE AT WAIST HEIGHT FORMING A FIST WITH THE RIGHT HAND (PALM DOWN & AS A KAMAE) WHILE KEEPING THE LEFT HAND AS A SHUTO (REACTION).
- 2) TWISTING THE RIGHT FIST UNTIL THE PALM IS UP, PUSHING OFF WITH THE RIGHT FOOT SLIDE SIDEWAYS TO THE LEFT TO CLEAR A FRONT KICK DIRECTED TO THE GROIN AREA, LANDING ON THE BALL OF THE RIGHT FOOT (REVERSE CAT STANCE) WHILE DOING A RIGHT LOW BLOCK TO THE RIGHT SIDE OF THE BODY AS THE LEFT SHUTO HAND COMES UP TO BLOCK THE RIGHT SIDE OF THE FACE.
- 3) MOVING TO THE RIGHT BACK UP INTO NATURAL STANCE WITH THE RIGHT FIST COMING ACROSS THE MID SECTION OF THE BODY IN KAMAE (PALM DOWN) WHILE LEFT FIST IS REACTION.
- 4) LOOKING TO THE RIGHT, WHILE PIVOTING ON THE BALL OF THE LEFT FOOT TURN RIGHT 90 DEGREES INTO RIGHT FORWARD STANCE WITH A RIGHT LOW BLOCK ENDING ABOVE THE BELT, LEFT FIST IS REACTION.
- 5) LOOKING TO THE LEFT WHILE BRINGING THE RIGHT FOOT BACK AND PIVOTING ON THE LEFT FOOT TURN LEFT 90 DEGREES INTO NATURAL STANCE WITH THE LEFT FIST AS KAMAE ACROSS THE MID SECTION, RIGHT FIST IS REACTION.
- 6) SLIDING FORWARD INTO LEFT FORWARD STANCE WITH A LEFT LOW BLOCK ABOVE THE BELT, RIGHT FIST REACTION, FOLLOWED WITH A RIGHT FRONT PUNCH TO THE SOLAR PLEXUS AREA.
- 7) WHILE STAYING IN LEFT FORWARD STANCE DO A RIGHT MID SECTION INVERTED HAITO BLOCK, THEN TURN THE RIGHT HAND PALM DOWN INTO A GRAB ON TOP OF THE BLOCKED ARM PULL THE BLOCKED HAND TOWARDS YOU AS YOU SLIDE FORWARD WITH THE RIGHT LEG INTO A REVERSE CAT STANCE (ALL OF YOUR WEIGHT IS ON THE RIGHT LEG, THE LEFT LEG FOLLOWS BESIDE, THE BALL OF THE LEFT FOOT TOUCHING THE FLOOR) DO A LEFT LOW FRONT PUNCH, RIGHT FIST TO LEFT SHOULDER

(BABY FINGER DOWN), THEN SLIDE THE LEFT LEG BACK INTO RIGHT FORWARD STANCE WHILE DOING A RIGHT LOW BLOCK ABOVE THE BELT, LEFT FIST IS REACTION.

8) LOOKING OVER THE LEFT SHOULDER, PIVOTING ON THE BALL OF THE RIGHT FOOT TURN LEFT 180 DEGREES INTO LEFT FORWARD STANCE WITH A LEFT LOW BLOCK ABOVE THE BELT, RIGHT FIST IS REACTION, FOLLOWED WITH A RIGHT FRONT PUNCH TO THE SOLAR PLEXUS, LEFT FIST IS REACTION.

9) WHILE STAYING IN LEFT FORWARD STANCE DO A RIGHT MID SECTION INVERTED HAITO BLOCK, THEN TURN THE RIGHT HAND PALM DOWN INTO A GRAB ON TOP OF THE BLOCKED ARM PULL THE BLOCKED HAND TOWARDS YOU AS YOU SLIDE FORWARD WITH THE RIGHT LEG INTO A REVERSE CAT STANCE (ALL OF YOUR WEIGHT IS ON THE RIGHT LEG, THE LEFT LEG FOLLOWS BESIDE, THE BALL OF THE LEFT FOOT TOUCHING THE FLOOR) DO A LEFT LOW FRONT PUNCH, RIGHT FIST TO LEFT SHOULDER (BABY FINGER DOWN), THEN SLIDE THE LEFT LEG BACK INTO RIGHT FORWARD STANCE WHILE DOING A RIGHT LOW BLOCK ABOVE THE BELT, LEFT FIST IS REACTION.

10) LOOKING OVER THE LEFT SHOULDER, PIVOTING ON THE RIGHT FOOT TURN LEFT 180 DEGREES INTO LEFT FORWARD STANCE WITH A LEFT LOW BLOCK ABOVE THE BELT, RIGHT FIST IS REACTION.

11) WHILE BRINGING THE LEFT FOOT BACK INTO LEFT CAT STANCE, BRING THE LEFT HAND BACK INTO A MID SECTION OPEN HAND KAMAE (PALM DOWN), RIGHT FIST IS STILL REACTION.

12) LOOKING OVER THE LEFT SHOULDER, PIVOTING ON THE RIGHT FOOT TURN LEFT 90 DEGREES INTO LEFT FORWARD STANCE WITH A LEFT MID SECTION HAITO BLOCK, RIGHT FIST IS STILL REACTION.

13) AT THE SAME TIME BRING THE RIGHT KNEE UP INTO A MID SECTION STRIKE AND A VERTICAL RIGHT ELBOW STRIKE WITH **KIAI** AS THE LEFT HAND COMES DOWN AS A TARGET. LOOKING OVER THE RIGHT SHOULDER, PIVOT ON THE LEFT FOOT TURN RIGHT 90 DEGREES INTO SUMO STANCE AS THE RIGHT ARM COMES DOWN LOW INTO A FOREARM BLOCK, LEFT FIST IS REACTION, FOLLOWED BY A LEFT FRONT MID SECTION PUNCH, THEN A RIGHT FRONT MID SECTION PUNCH, LEFT FIST IS REACTION.

14) LOOKING OVER THE LEFT SHOULDER, PIVOT ON THE RIGHT FOOT TURN LEFT 90 DEGREES INTO LEFT FORWARD STANCE WITH A LEFT LOW BLOCK ABOVE THE BELT, RIGHT FIST IS REACTION, FOLLOWED BY A RIGHT MID SECTION FRONT PUNCH, LEFT FIST IS REACTION.

15) SLIDE FORWARD WITH THE RIGHT FOOT INTO RIGHT BACK STANCE PIVOT ON THE BALL OF THE LEFT FOOT, TURN IT RIGHT AT A 90 DEGREE ANGLE WHILE DOING A RIGHT MID SECTION SHUTO, LEFT SHUTO IN FRONT OF SOLAR PLEXUS (PALM UP).

16) SLIDE FORWARD WITH THE LEFT FOOT INTO LEFT FORWARD STANCE WITH A LEFT LOW BLOCK ABOVE THE BELT, RIGHT FIST IS REACTION, FOLLOWED BY A RIGHT MID SECTION FRONT PUNCH, LEFT FIST IS REACTION.

17) SLIDE FORWARD WITH THE RIGHT FOOT INTO RIGHT BACK STANCE PIVOT ON THE BALL OF THE LEFT FOOT, TURN IT RIGHT AT A 90 DEGREE ANGLE WITH A RIGHT MID SECTION SHUTO, LEFT SHUTO IN FRONT OF SOLAR PLEXUS (PALM UP).

18) LOOKING OVER THE LEFT SHOULDER, PIVOT ON THE BALL OF THE RIGHT FOOT, TURN LEFT 180 DEGREES INTO LEFT FORWARD STANCE WITH A LEFT LOW BLOCK ABOVE THE BELT, RIGHT FIST IS REACTION, FOLLOWED BY A RIGHT MID SECTION FRONT PUNCH, LEFT FIST IS REACTION.

19) SLIDE FORWARD WITH THE RIGHT FOOT INTO RIGHT BACK STANCE PIVOT ON THE BALL OF THE LEFT FOOT, TURN IT RIGHT AT A 90 DEGREE ANGLE WITH A RIGHT MID SECTION SHUTO, LEFT SHUTO IN FRONT OF SOLAR PLEXUS (PALM UP).

20) SLIDE FORWARD INTO LEFT FORWARD STANCE WITH A LEFT LOW BLOCK ABOVE THE BELT, RIGHT FIST IS REACTION, FOLLOWED BY A RIGHT MID SECTION FRONT PUNCH, LEFT FIST IS REACTION.

21) SLIDE FORWARD WITH THE RIGHT FOOT INTO RIGHT BACK STANCE PIVOT ON THE BALL OF THE LEFT FOOT, TURN IT RIGHT AT A 90 DEGREE ANGLE WITH A RIGHT MID SECTION SHUTO, LEFT SHUTO IN FRONT OF SOLAR PLEXUS (PALM UP).

22) LOOKING OVER THE LEFT SHOULDER, PIVOT ON THE RIGHT FOOT TURN LEFT 180 DEGREES INTO LEFT FORWARD STANCE WITH A LEFT LOW BLOCK ABOVE THE BELT, RIGHT FIST IS REACTION.

23) LOOKING OVER THE RIGHT SHOULDER, STILL IN LEFT FORWARD STANCE BRING THE RIGHT FIST OVER TO THE LEFT BREAST AREA DO A RIGHT MID SECTION HAITO BLOCK TO THE RIGHT SIDE, LEFT FIST IS REACTION.

- 24) STILL IN LEFT FORWARD STANCE, TURN THE RIGHT HAITO PALM DOWN, DO A CIRCULAR MOTION CLOCK WISE SCOOP BLOCK.
- 25) WHILE MAINTAINING THE SCOOP BLOCK, MOVE YOUR RIGHT LEG FORWARD INTO A SUMO STANCE WITH BODY ANGLED 45 DEGREES TO OPPONENT, THEN TURNING RIGHT 45 DEGREES INTO A RIGHT NARROW EXAGGERATED FORWARD STANCE WHILE PIVOTING ON THE BALL OF THE LEFT FOOT (SET UP) DROP THE RIGHT HAITO HAND DOWN (PALM DOWN) OVER THE RIGHT LEG, THEN DO A RIGHT FRONT MID SECTION HAITO BLOCK AND A LEFT FRONT LOW SHUTO BLOCK (LOW BLOCK CROSSING ON THE INSIDE AS THEY PASS).
- 26) SLIDE THE LEFT LEG FORWARD INTO A SUMO STANCE WITH BODY ANGLED 45 DEGREES TO OPPONENT, THEN TURNING LEFT 45 DEGREES INTO A LEFT NARROW EXAGGERATED FORWARD STANCE WHILE DOING A RIGHT FRONT LOW SHUTO BLOCK AND A LEFT FRONT MID SECTION HAITO BLOCK (LOW BLOCK CROSSING ON THE INSIDE AS THEY PASS).
- 27) SLIDE THE RIGHT LEG FORWARD INTO A SUMO STANCE WITH BODY ANGLED 45 DEGREES TO OPPONENT, THEN TURNING RIGHT 45 DEGREES INTO A RIGHT NARROW EXAGGERATED FORWARD STANCE WHILE DOING A RIGHT FRONT MID SECTION HAITO BLOCK AND A LEFT FRONT LOW SHUTO BLOCK (LOW BLOCK CROSSING ON THE INSIDE AS THEY PASS).
- 28) PIVOT ON THE BALL OF THE RIGHT FOOT AND MOVING THE LEFT FOOT BACK (ALIGNING WITH THE RIGHT) TURN LEFT 90 DEGREES INTO SUMO STANCE, BOTH FIST AT THE WAIST AS REACTION THEN TURN THE HEAD LEFT TO THE FRONT.
- 29) SLOWLY BRING THE LEFT FIST UP INTO A SHUTO BLOCK IN FRONT OF THE FOREHEAD (PALM OUT), RIGHT FIST OPENS AT THE WAIST (PALM UP).
- 30) BRING THE LEFT SHUTO HAND DOWN TO THE RIGHT HAND SIDE OF THE BODY AT WAIST HEIGHT WHILE CLOSING THE RIGHT FIST AS YOU MOVE THE LEFT FOOT IN FRONT AND OVER TO THE LEFT SIDE OF THE LEFT FOOT, LOOKING OVER THE LEFT SHOULDER, JUMP STRAIGHT UP IN THE AIR AND PIVOT LEFT 360 DEGREES LANDING INTO RIGHT BACK STANCE WITH A RIGHT SHUTO BLOCK, LEFT SHUTO (PALM UP) AT SOLAR PLEXUS LEVEL.
- 31) PIVOTING ON THE LEFT FOOT, SLIDE THE RIGHT LEG BACK INTO LEFT BACK STANCE WHILE DOING A LEFT GATE SHUTO WITH **KIAI**.

(GATE SHUTO: REACH BACK WITH BOTH ARMS RIGHT PALM DOWN, LEFT PALM UP. EXECUTING SHUTO WITH TWIST ON BOTH HANDS.)

32) BRING THE LEFT LEG BACK WHILE PIVOTING ON RIGHT FOOT COMING UP TO NATURAL STANCE BUT KEEPING THE KNEES BENT BRING THE LEFT SHUTO TO THE LEFT SIDE IN REACTION, THE RIGHT SHUTO BECOMES A FIST (PALM DOWN) TO THE LEFT SIDE, THE TWO KNUCKLES TOUCH THE PALM OF THE LEFT SHUTO. AS BOTH FEET GO OUT ON 45 DEGREE ANGLES (KEEPING HEELS TOGETHER), THE HANDS OPEN UP INTO CROSS PALM GUARD COVERING THE SOLAR PLEXUS AREA (LEFT OVER RIGHT). AS THE TOES COME TOGETHER THE HANDS COME DOWN TO COVER THE GROIN AREA, THEN THE HANDS GO TO THE SIDES IN ATTENTION STANCE.