



1. Upward Sweep to left
2. Strike Down
3. Tsuki
4. Throw (poke) to ground
5. Ushiro Tsuki
6. Tsuki
7. Tenkan Yokomen, Ushiro Tsuki
8. Tsuki
9. Fold Yokomen
10. Duck, Cutting Under Arm
11. Tsuki
12. Tenkan to Jodan Jo
13. Upward Sweep to Left
14. Ushiro Tsuki
15. Upward Sweep to Right
16. Ushiro Tsuki
17. Shomen Uchi
18. Tsuki
19. Tsuki, Tenkan Yokomen Uchi
20. Jodan
21. Tsuki
22. Fold L Yokomen
23. Spin Spiral Jo
24. Jodan
25. Tsuki
26. Yokomen Uchi
27. Retreat Jodan Jo