

Seichin

- ☯ start...musubi dachi hands by side...bow...
- ☯ into hachi dachi raise hands to sanchin arm position...
- ☯ step into right sanchin dachi right hiraken block and thrust...
- ☯ step through into left sanchin dachi left hiraken block and thrust...
- ☯ step left angle into left sanchin dachi circle block left...shomen geri right...
- ☯ step opposite angle into right sanchin dachi circle block right...
- ☯ shomen geri left...step forward into left sanchin dachi left wrist block...
- ☯ step through into right sanchin dachi right wrist block...
- ☯ mawate left and cross block left in front of right...
- ☯ double step and double strike low...
- ☯ pull up double shokens and pivot left into left sanchin dachi...
- ☯ step through into right kiba dachi circle block left elbow right...
- ☯ step back right sanchin dachi...circle block right palm-heel left...
- ☯ circle block left nukite right...mawate left...
- ☯ circle block left shomen geri left...step through pivot left and double hiraken strike high...
- ☯ double wrist block low...right hand on top of left
- ☯ step right tsuru dachi double high strike-grip and knee strike...
- ☯ arms in sanchin arm position...step through right sanchin dachi...
- ☯ post block right front and left rear groin strike...
- ☯ double groin strike front and rear...mawate left...
- ☯ post block right front and left rear groin strike...
- ☯ double groin strike front and rear...circle block left...pivot left...
- ☯ left sanchin dachi...knee strike left and reverse circle block into left neko dachi...
- ☯ hands to sanchin armposition...mawate right...
- ☯ right sanchin dachi...knee strike right and reverse circle block into right neko dachi...
- ☯ pivot left into left sanchin dachi...
- ☯ step through into right sanchin dachi and double eye strike...
- ☯ step back through a left leaning stance...knee strike left...
- ☯ left neko dachi and left low block...step through into right kiba dachi...
- ☯ circle block left elbow right...back to right sanchin dachi...
- ☯ circle block right shoken left...circle block left shoken right...
- ☯ step back through into left sanchin dachi and palm block right...
- ☯ step back into hachi dachi hands into sanchin arm position...
- ☯ hands by side musubi dachi and bow

(note: after bow start right or left)