

Seisan

- ☯ start musubi dachi hands by side...bow...
- ☯ hachi dachi hands to the waist...circle step into a right sanchin dachi
- ☯ thrust squeeze circle up and open...sanchin arm thrust left...
- ☯ circle step into a left sanchin dachi...sanchin arm thrust right...
- ☯ circle step into a right sanchin dachi...sanchin arm thrust left...
- ☯ both hands into ready thrust position...double step right and double
- ☯ inner ridge hands (haito)...three palm heel strikes (shotei) starting left...
- ☯ double wrist block low...left hand on top of right...step left tsuru dachi
- ☯ double high strike...grip and knee strike (hiza geri)...arms in sanchin arm
- ☯ position...step through left sanchin dachi...post block left front and right
- ☯ rear groin strike...double groin strike right front and left rear...mawate
- ☯ right...post block left front and right rear groin strike...double groin strike
- ☯ right front and left rear...circle block right...circle step into a left sanchin
- ☯ dachi...double groin strike left front and right rear...circle block left...
- ☯ circle step into a right sanchin dachi...double groin strike right front and
- ☯ left rear...circle block right...double step right and double strike low...pull
- ☯ up double shokens and pivot left into left sanchin dachi...circle block rear
- ☯ foot right...step into a left leaning stance (zenkutsu dachi)...left forward
- ☯ upward elbow strike (hiji)...step back into left sanchin dachi...circle block
- ☯ left palm heel right...circle block right knife hand left (nukite)...pivot
- ☯ right...step into a left sanchin dachi...circle block right hammer fist left
- ☯ (tettsui)...circle block left palm heel right...circle step back...right sanchin
- ☯ dachi... pivot left...circle block left knife hand right...mawate...circle block
- ☯ right front kick right (shomen geri)...knee strike left to right palm heel...
- ☯ back into right sanchin dachi...three shokens starting left...sanchin arm
- ☯ position...sanchin arm thrust left...pivot left into left sanchin dachi...
- ☯ sanchin arm thrust right...mawate right into a right sanchin dachi...
- ☯ sanchin arm thrust left...double step right sanchin dachi...circle block
- ☯ right nukite left...circle step into left sanchin dachi...circle block left nukite right...
circle step into right sanchin dachi...circle block right nukite left...
- ☯ step through into left kiba dachi...sanchin arm position...seisan jump back...jump
forward into left kiba dachi circle block right elbow left riken
- ☯ shoken...step back into a hachi dachi hands into sanchin arm position...
- ☯ right down left up...hands by side musubi dachi and bow

(note: after bow start right or left)