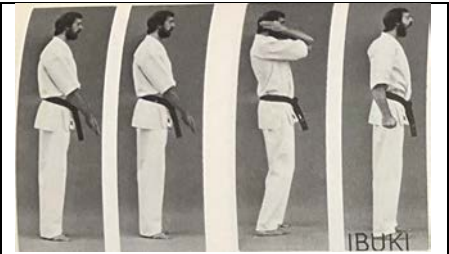


sushi-ho

From mokuso into uchi hachiji dachi and then heiko dachi while breathing ibuki.

Uchi hachiji-dachi (内八字立,) - literally "stand like the upside-down character 八"

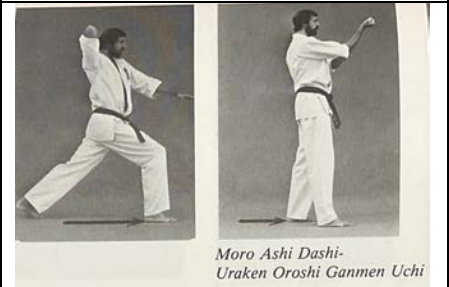
Heiko-dachi - Parallel stance



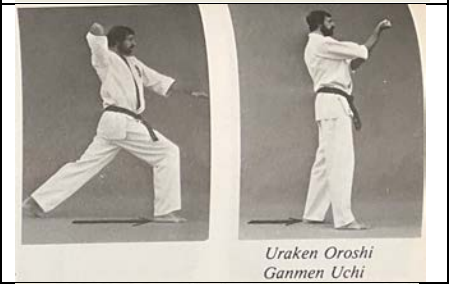
Step forward with right leg into moro ashi dachi while blocking left hand osae uke followed by uraken - right hand with the elbow finishing above blocking hand.

Osae Uke - press down block

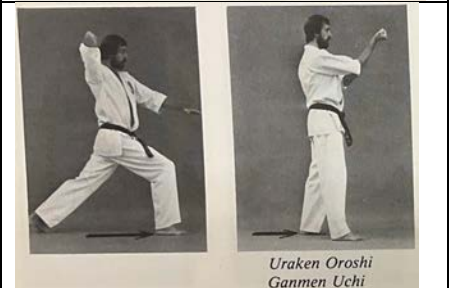
Uraken oroshi ganmen uchi, Descending back fist strike to head.



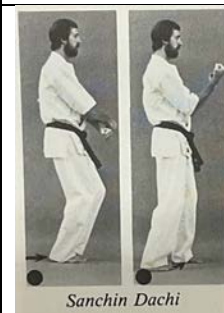
This is to be done three times all on the same side.
(second time)



(third time)

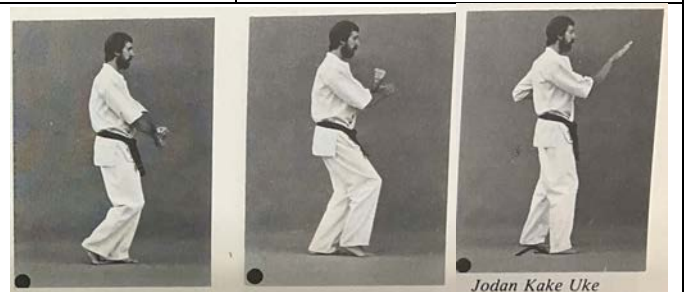


Move forward into left sanchin dachi.



Move into right sanchin dachi while slowly blocking jodan kake uke with right arm

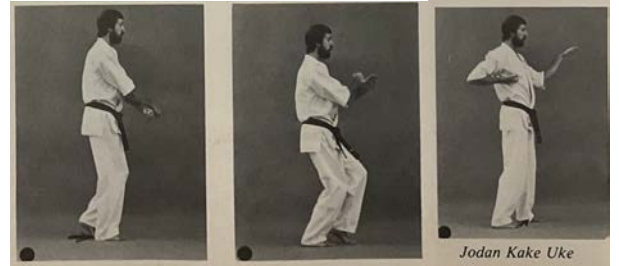
Kake uke – hooking block



Follow with two fast chudan tsuki.



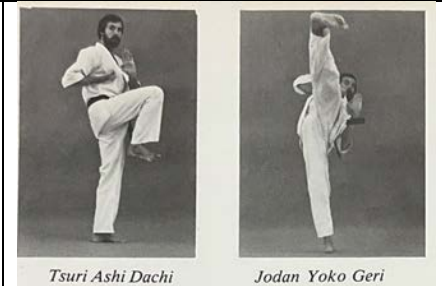
Move into left sanchin dachi while slowly blocking jodan kake uke with left arm



Repeat two fast chudan tsuki.



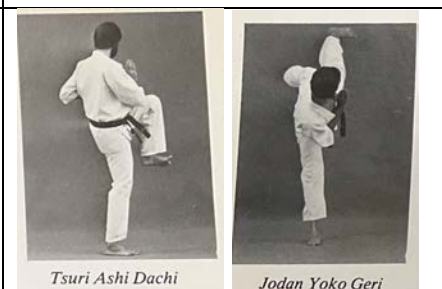
Now with open left hand covering right side of head kick right leg jodan yoko geri



land in kiba dachi and strike chudan jun-tsuki right arm.

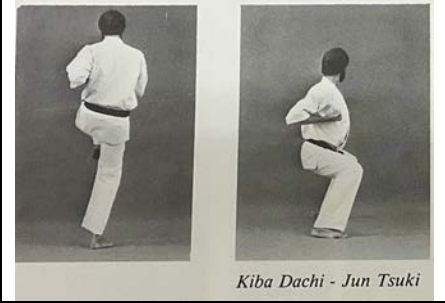


Now cover left side of head with open right hand and kick left leg jodan yoko geri



land in kiba dachi and strike chudan jun tsuki with left arm.

Jun Tsuki - Side (corresponding) Punch



Kiba Dachi - Jun Tsuki

Move left leg forward into 45° kiba dachi
strike with right arm jodan hiji ate,
strike with right jodan age hiji ate (same arm)

Hiji Ate - Elbow Strike
Age Hiji Ate - Rising Elbow Strike



Jodan Gyaku Hiji Ate



Jodan Gyaku Age Hiji Ate

Move forward with right leg into 45° kiba dachi and
repeat strikes but with left arm



Jodan Gyaku Hiji Ate



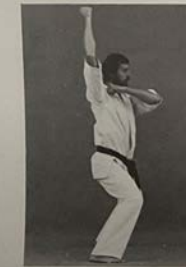
Jodan Gyaku Age Hiji Ate

Move left leg forward into line with the other and while
still in kiba dachi
Strike right jodan hiji ate,
strike oroshi hiji ate with right
KIAI

Oroshi Hiji Ate - Descending Elbow Strike



Jodan Hiji Ate



KIAI
Oroshi Hiji Ate

Now while moving forward into right moro ashi dachi bring right knee up to
block and follow with double gedan shotei uke



*Moro Ashi Dachi-Gedan
Shotei Morote Uke*

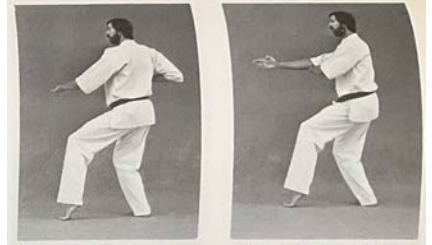
Move back leg across and turn 180° and block double arm chudan kake uke
while into kokutsu dachi



*Kokutsu Dachi-
Chudan Kake Uke*

Block osae uke left hand and strike right arm chudan yohon nukite over left hand

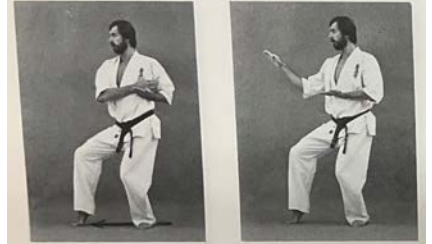
osae uke – Pressing block
yohon nukite – four finger spear hand



Osai Uke

Chudan Yohon Nukite

Move forward into right kokutsu dachi blocking double arm chudan kake uke.



Chudan Kake Uke

Repeat osae uke
Chudan yohon nukite



Osai Uke

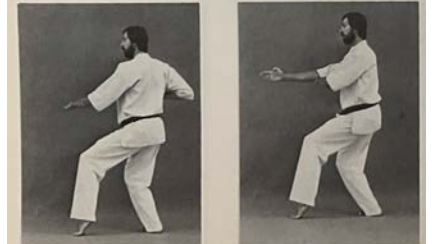
Chudan Yohon Nukite

Move forward into left kokutsu dachi blocking double arm chudan kake uke.



Chudan Kake Uke

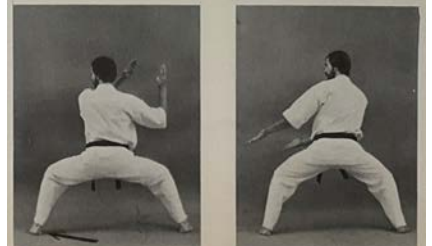
Repeat osae uke
Chudan yohon nukite



Osai Uke

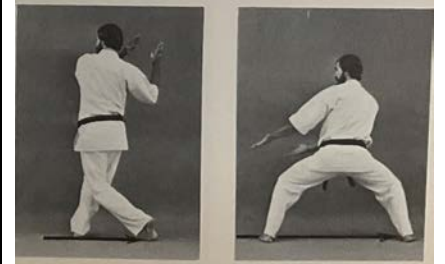
Chudan Yohon Nukite

Move front leg forward with back leg stepping into kiba dachi and block double shuto gedan barai to left side-



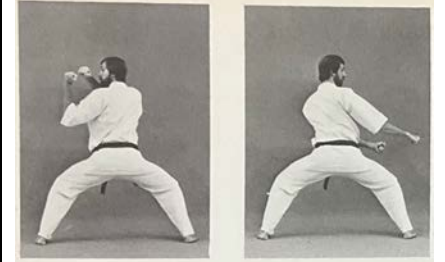
*Kiba Dachi-Shuto
Morote Gedan Bari*

Move backward (sideways) one step, still in kiba dachi and block once again the same side.

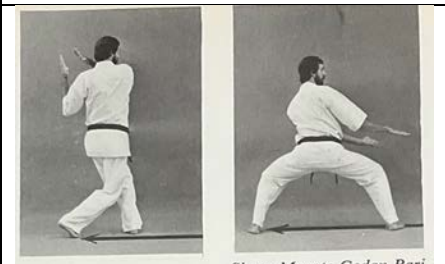


Shuto Morote Gedan Bari

Now with clenched hands make double handed throw from opposite shoulder to right side-

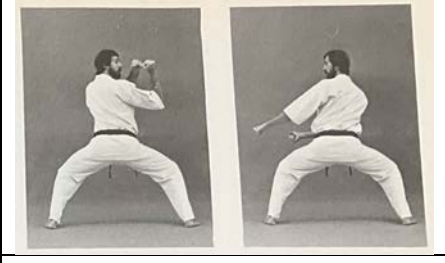


Move forward (sideways) again in kiba dachi and block double shuto gedan barai to right side

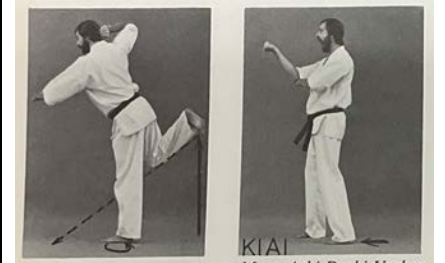


Shuto Morote Gedan Bari

follow with clenched handed throw to left side-

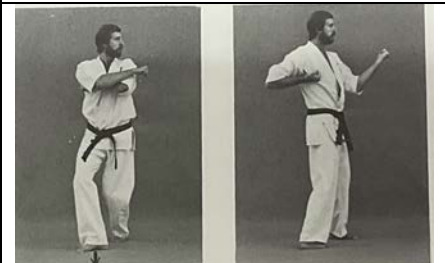


Turning left and moving forward into moro ashi dachi strike uraken. Finishing with right hand and foot forward KIAI



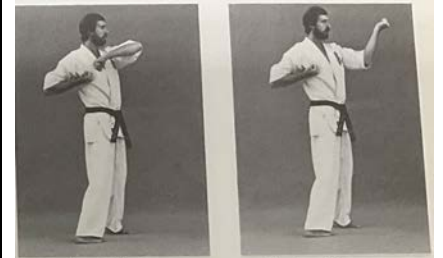
*KIAI
Moro Ashi Dachi-Uraken
Oroshi Ganmen Uchi*

Moving front foot across turn 180° into left sanchin dachi blocking chudan uchi uke left arm



*Sanchin Dachi-Seiken
Chudan Uchi Uke*

from blocking position strike left arm jodan hiji ate
left hand uraken

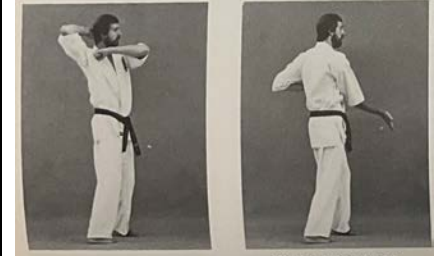


Jodan Hiji Ate

*Uraken Shomen
Ganmen Uchi*

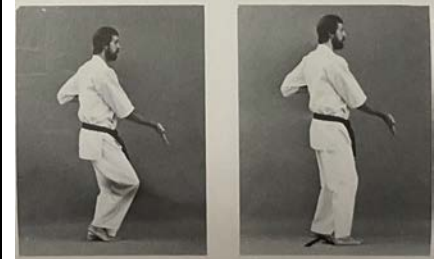
with right hand straight shuto hizo uchi-

shuto hizo uchi – knife hand strike to the spleen/abdomen



Shuto Hizo Uchi

Move forward into right sanchin dachi



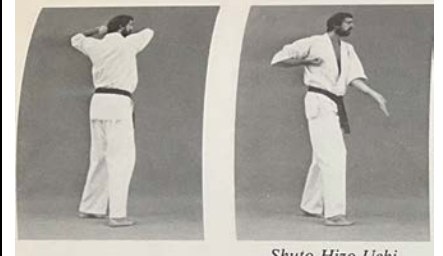
strike right arm jodan hiji ate
right hand uraken



Jodan Hiji Ate

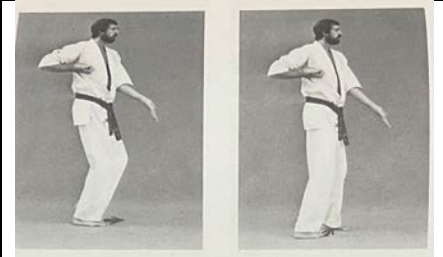
*Uraken Shomen
Ganmen Uchi*

with left hand straight shuto hizo uchi-

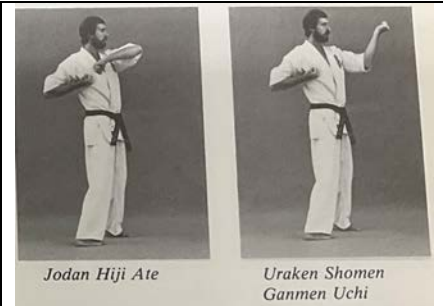


Shuto Hizo Uchi

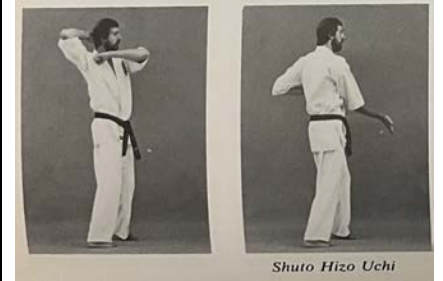
Move forward into left sanchin dachi



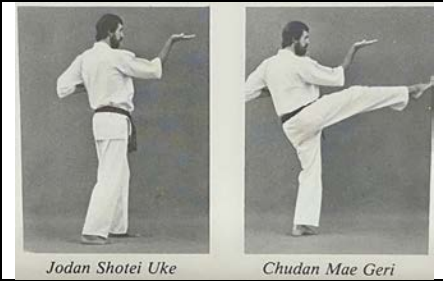
strike left arm jodan hiji ate
left hand uraken



with right hand straight shuto hizo uchi-

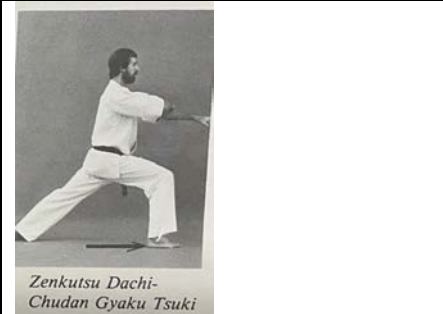


With right hand moving from shuto hiza uchi position block upward
shotei uke and follow with chudan mae geri

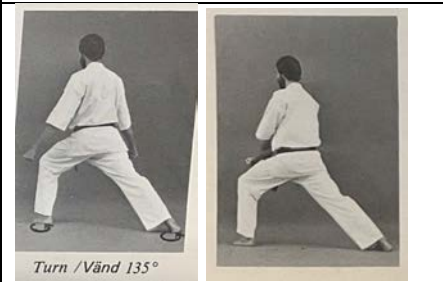


right leg dropping into zenkutsu dachi following chudan gyaku tsuki with
right hand resting on top of punching arm

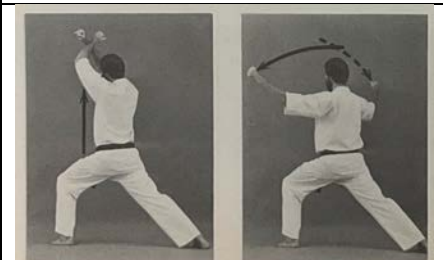
chudan gyaku tsuki – reverse punch from zenkutsu dachi



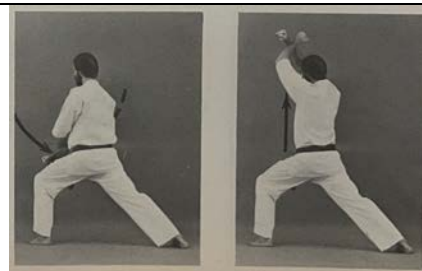
change direction of stance to the left (135°) with clenched hands crossing
the middle,



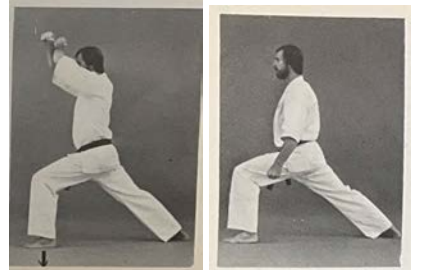
complete full circle with both arms



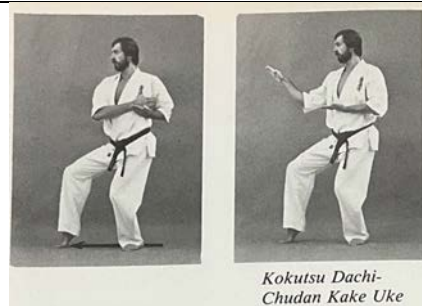
until crossed again in front of face



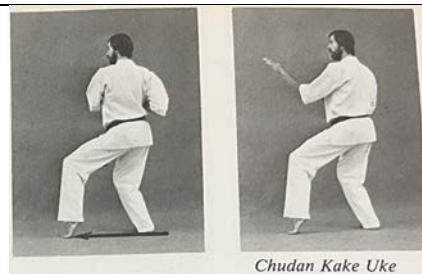
move front foot to the left 45° block double gedan barai, finishing with arms again at the sides-



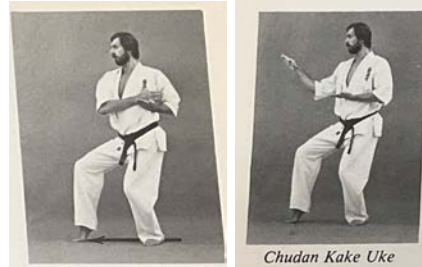
move right leg forward from zenkutsu dachi into kokutsu dachi blocking double chudan arm kake uke-



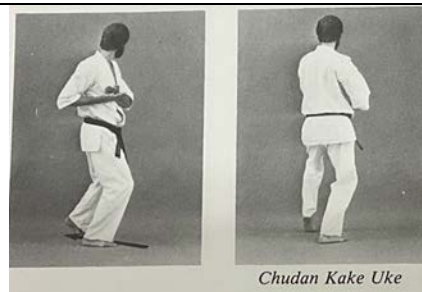
Move forward into left kokutsu dachi and repeat –



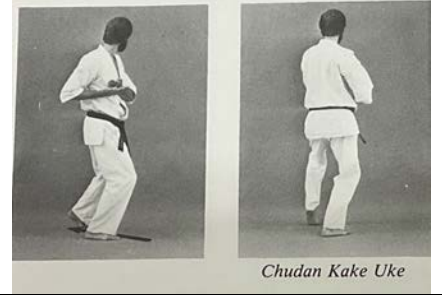
Move forward into right kokutsu dachi and repeat –



Move forward into right kokutsu dachi 270° block again double chudan arm kake uke-

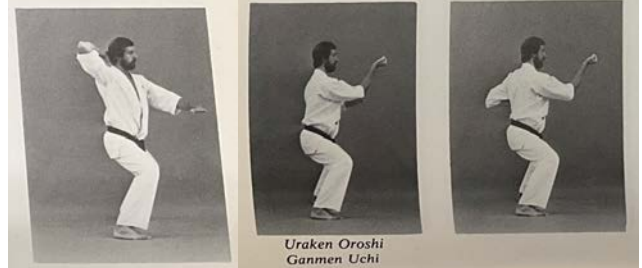


Take a step forward finishing in kiba dachi and block double arm shuto gedan barai to left side-



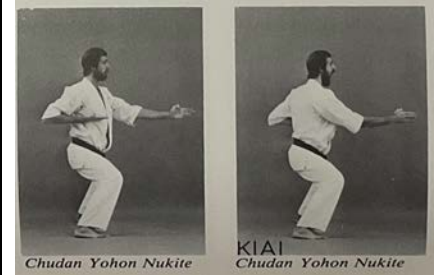
Chudan Kake Uke

Block to the front osae uke with left hand, straight uraken with right hand elbow finishing above left hand.



Uraken Oroshi
Ganmen Uchi

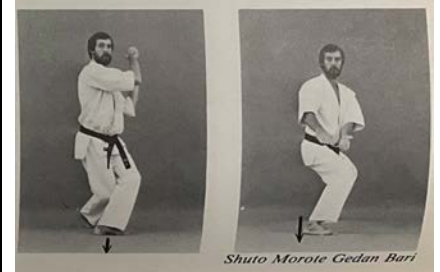
Follow with two yohon nukite strikes chuadan KIAI



Chudan Yohon Nukite

KIAI
Chudan Yohon Nukite

Move across one step to the right still in kiba dachi and block double arm shuto gedan barai to right side and



Shuto Morote Gedan Bari

repeat osae uke uraken



Uraken Oroshi
Ganmen Uchi

yohon nukite and KIAI



Chudan Yohon Nukite

KIAI
Chudan Yohon Nukite

Move right leg forward into neko ashi dachi and strike jodan tsuki-



*Neko Ashi Dachi -
Seiken Jodan Oi Tsuki*

Move left leg forward and repeat-



Seiken Jodan Oi Tsuki

Move right leg forward and repeat once more-



Seiken Jodan Oi Tsuki

Move front leg across until the line with the other and step into uchi hachiji dachi with hands moving into uraken sayu uchi position- straight double uraken sayu uchi,



Sanchin Dachi



*Uraken Sayu
Ganmen Uchi*

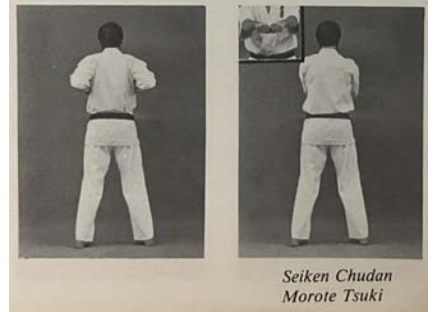


strike double haito uchi jodan,

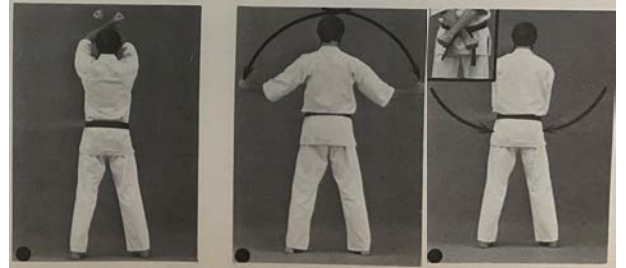


Morote Jodan Haito Uchi

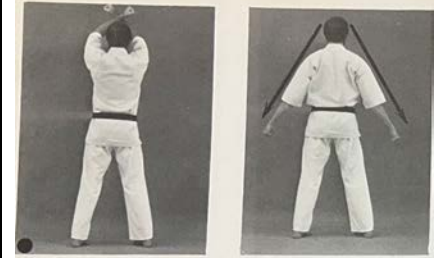
follow with chudan morote tsuki-



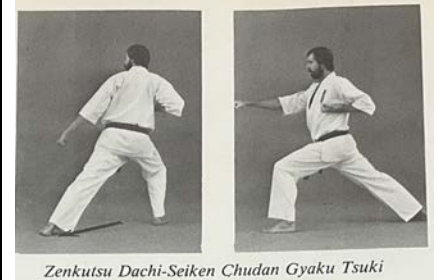
Move arms slowly (crossing) and around and down



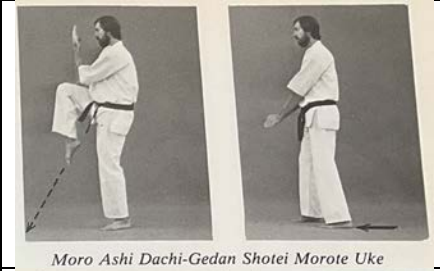
Move arms upward until crossed in front of the face- Block from fist position double gedan barai very quickly-



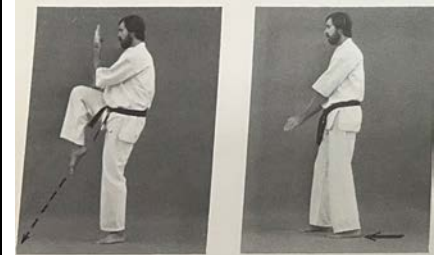
Move left leg back slightly and turn left into zenkutsu dachi and straight chudan gyaku tsuki right arm-



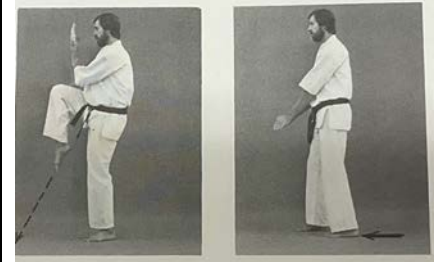
While moving forward into right moroashi dachi bring right knee to block and follow with double gedan shotei uke-



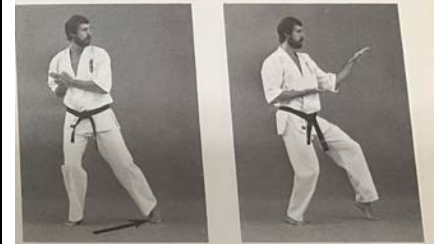
Repeat again-



Repeat once more with a little more power the previous two times-

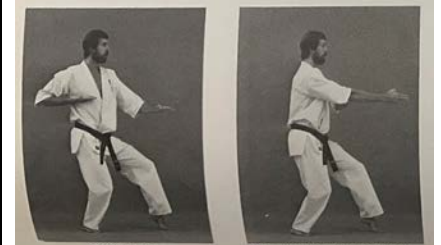


Move back leg across and about turn 180° into kokutsu dachi, blocking double chudan arm kake uke-



Kokutsu Dachi-Chudan Kake Uke

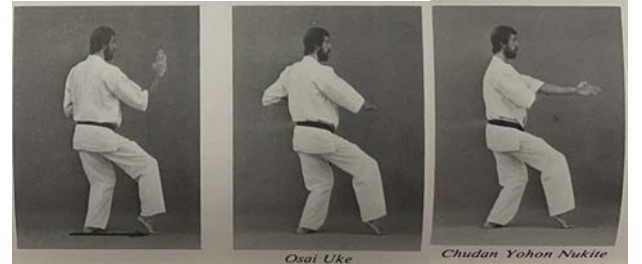
block osae uke left hand and strike over left hand with chudan yohon nukite-



Osai Uke

Chudan Yohon Nukite

Move forward into right kokutsu dachi blocking osae uke with right hand and strike again chudan yohon nukite over right hand-



Osai Uke

Chudan Yohon Nukite

Move front foot back into mokuso position.



Musubi Dachi - Mokuso

END.