

## Gekisai Dai

- 1) Bow into Mokuso and slide out into Yoi Dachi. Looking to your left, step back with your left foot, turn your hips to the left 90degrees into sanchin dachi SD and perform JU with your left hand. Step into right ZD and punch jodan level with your right hand. Step back with your right foot into a transitional stance and prepare to block GB. Turn your hips to the right into KD as you perform gedan barai with your left hand, chamber right hand.
- 2) Looking to your right, pivot on your right foot 90 degrees to the right, bringing your left foot up into a right SD and perform jodan uke with your right hand. Step into left ZD and punch jodan level with your left hand. Step back with your left foot into a transitional stance and prepare to block GB. Turn your hips to the left into KD as you perform GB with your right hand.
- 3) Turn your head 90 degrees to the left to face the front. While performing ibuki breathing, step into a right SD as you perform chudan uchi uke (CUU) with your right hand
- 4) While performing ibuki breathing, step into a left SD and perform CUU (inside block) with your left hand.
- 5) While performing ibuki breathing, step thru into right SD performing the CUU with your right hand.
- 6) Perform Chudan Mae Geri with your left (rear) foot. Chamber the kick and step into left ZD as you perform an upward elbow strike with your left arm. Use your left hand for a Uraken (backfist). Perform GB with your left hand and perform a low reverse punch with your right hand.
- 7) Look behind you as you bring your right foot forward, simulating a sweep. As you bring the foot forward, turn your hips 90 degrees to the right as you chamber your hands. Step down with your right foot into KD as you look to the rear and perform a Shuto to the rear. **KIAI!**
- 8) While performing ibuki breathing, turn your hips 90 degrees to the right as you step into left sanchin dachi with a left CUU.
- 9) While performing ibuki breathing, step through into right SD performing the CUU with your right hand.
- 10) While performing ibuki breathing, step back into a left SD and perform CUU (inside block) with your left hand.
- 11) Perform Chudan Mae Geri with your right (rear) foot. Chamber the kick and step into right ZD as you perform an upward elbow strike with your right arm. Use your right hand for a Uraken (backfist). Perform GB with your right hand and perform a low reverse punch with your left hand.
- 12) Look behind you as you bring your left foot forward, simulating a sweep. As you bring the foot forward, turn your hips 90 degrees to the left as you chamber your hands. Step down with your left foot into KD as you look to the front and perform a Shuto to the front. **KIAI!**
- 13) Step up with your right foot into a ZD and perform double punch, one hand over top of other. The right hand is on the bottom. Hands should be 6" apart. Be sure to chamber both hands back before you perform punches.
- 14) Step through with your left foot into a ZD, chamber hands and repeat double punch. The left hand is on the bottom. Hands should be 6" apart.
- 15) Step back into a right ZD, chamber hands and repeat double punch.
- 16) Step back to Yoi Dachi upon Norei. Bow and end kata upon Rei.