

Tsuki No

- 1) Bow into Moksu and come out in yoi dachi. Step back with your right foot into KD as you turn your hips to a 45-degree angle. Perform a GB with your left hand and follow with a right reverse punch chudan level, across your body due to hip alignment.
- 2) Step through with your right foot into KD at a 45-degree angle and perform left reverse punch chudan level across your body.
- 3) Step with the left foot into Sanchin Dachi and reverse punch chudan level.
- 4) Step with the right foot into SD and reverse punch chudan level.
- 5) Step through to left ZD with reverse punch gedan level.
- 6) Step through to right ZD with reverse punch gedan level. Punch Chudan level with right hand.
- 7) Look over your left shoulder and step across with your front foot (right). Turn to rear in a left SD and block CUU with your left hand. Stay in stance and punch chudan level.
- 8) Step through with your right foot into right SD and slowly turn your right hand over. Straight punch with your left hand, followed by another straight punch with your right hand, chudan level.
- 9) Step through with your left foot into ZD with a jodan level punch with your left hand.
- 10) Step through with your right foot into ZD with a jodan level punch with your right hand.
- 11) Look over your left shoulder as you slide your rear foot across, turn your hips 180 degrees into left ZD and block GB with your left hand.
- 12) Perform Chudan Mae Geri with your right foot. Rechamber as you look to your right.
- 13) While your foot is still chambered, pivot on your left foot to turn and parry across your body with your left hand. As you parry, step out with your chambered foot (right) into a long transitional stance. Turn to the front and into a KD and punch out to the side chudan level with your right hand while chambering the left hand. **KIAI!**
- 14) Turn your hips and feet back towards your right and back into the transitional stance. Slide your left foot forward into a left transitional stance. Turn your hips and feet 90-degrees to the right into KD, and punch out to the side with your left hand.
- 15) Immediately, look to your right and parry across your body with your left hand.
- 16) Perform a finger stab chudan level to the side with your right hand, as you chamber your left hand.
- 17) Turn your hips to the right and rotate into the transitional stance. Slide the rear foot (left) forward into the transitional stance. Rotate (turn) hips to the right into a KD, punch with your left hand to the side, chudan level, while chambering your right hand.
- 18) Bring your left foot in towards the right foot as you punch down with your right hand and bring your left hand to CUU position. Slide your left foot back into right ZD as you perform slow double blocks with your hands. Staying in ZD, slowly chamber your right hand.
- 19) Perform three punches, alternating hands. Start at jodan level with right hand, punch gedan with left, and finish with a right handed punch chudan level. **KIAI!** During punch sequence.
- 20) Slide your lead foot (right) back into KKD and stack your hands with the left hand across and right hand up with fingers pointing forward, palm up. Drop into SD and perform double blocks with the right hand blocking down across your body and the left hand going up and around. Chamber your hands and perform slow palm heel strikes to the groin and chin.
- 21) Step back to Yoi Dachi upon Norei. Bow and end kata upon Rei.