

Yantsu

- 1) Bow into Mokuso and come out in Yoi Dachi. Chamber both arms back with the hands in tight fists. Coming straight out, perform double Haito (ridge hand) to temple.
- 2) Chamber hands and perform double fist punch to face.
- 3) Stack your hands to the right side of your body and snap a right Uraken (backfist) out across your body, head height. Stack your hands to the left side of your body and snap a left Uraken (backfist) out across your body, head height. End with your hands stacked up on the right side.
- 4) Perform a finger stab, rib height, with your right hand and repeat with your left. Be sure to angle your hands for these strikes, following the contour of the ribs.
- 5) Chamber both arms and bring closed fists up in front of your face, open hands and extend the fingers up below the eyes. Extend both arms out to the side in a pushing manner.
- 6) Look to your left and then to your right.
- 7) Parry across your body with your left hand. Step out with your right foot into right ZD (low) and punch low with your right hand. Slide your lead leg (right) back into **KKD**, and chamber your right hand. With your right hand, perform palm heel strike to groin and then raise hand straight up to chin level with Koken (wrist strike). Roll the wrist to perform a shuto.
- 8) Parry across your body with your right hand as you slide your right foot back into MD. Step out with your left foot into left ZD (low) and punch low with your left hand. Slide your lead leg (left) back into **KKD**, and chamber your left hand. With your left hand, perform palm heel strike to groin and then raise hand straight up to chin level with Koken (wrist strike). Roll the wrist to perform a shuto.
- 9) Look to your right, turn to your right, and bring your left foot up into MD and parry across with your left hand. Step out with your right foot into ZD and perform three punches. The punch sequence is low, high, middle, beginning with your right hand and then alternating. **KIAI!** while punching.
- 10) Perform MG (front snap kick) with your left foot to chudan level. Rechamber and return foot to rear position after kick.
- 11) With front leg, slide back into **KKD** and perform CUU with open right hand. Keep chambered hand (left) open. Rechamber your right hand and perform palm heel strike, bring your hand up for Koken (wrist strike), roll your wrist and hand to perform shuto.
- 12) Look over your left shoulder. Pivot on the ball of your front foot (right) and turn 180 degrees into MD. Parry across your body with your right hand. Step out with your left foot into ZD and perform three punches. The punch sequence is low, high, middle, beginning with your left hand and then alternating. **KIAI!** while punching.
- 13) Perform MG (front snap kick) with your right foot to chudan level. Rechamber and return foot to rear position after kick.
- 14) With front leg, slide back into **KKD** and perform CUU with open left hand. Keep chambered hand (right) open. Rechamber your left hand and perform palm heel strike, bring your hand up for Koken (wrist strike), roll your wrist and hand to perform shuto.
- 15) Turn 90 degrees to your right into MD and push left hand out and away.
- 16) Step back to Yoi Dachi upon Norei. Bow and end kata upon Rei.