



Honbu Hands & Feet Combination



Starting in left zenkutsu dachi / left gedan bari

NUMBER 1

1. Spin ushiro into kiba dachi, right jun tzuki
2. Bring right leg back into kokutsu dachi, right morote shuto mawashi uke
3. Right mae geri
4. Left mawashi geri (placing leg down in front)
5. Left leg goes back to right kokutsu dachi, right morote shuto mawashi uke
6. Left chudan gyaku tzuki with kiai.

Repeat sequence on other side

NUMBER 2

1. Spin ushiro into kiba dachi, right jun tzuki, then right tettsui
2. Bring right leg back into kokutsu dachi, right morote shuto mawashi uke
3. Right mae geri, right mawashi geri
4. Left kaka geri (placing leg down in front)
5. Left leg goes back to right kokutsu dachi, right morote shuto mawashi uke
6. Left chudan gyaku tzuki with kiai.

Repeat sequence on other side

NUMBER 3

1. Spin ushiro into kiba dachi, right jun tzuki, left jun tzuki, right jun tzuki
2. Bring right leg back into kokutsu dachi, right morote shuto mawashi uke
3. Right mae geri, right mawashi geri, right kaka geri
4. Left yoko geri (placing leg down in front)
5. Left leg goes back to right kokutsu dachi, right morote shuto mawashi uke
6. Left chudan gyaku tzuki with kiai.

Repeat on sequence on other side

NUMBER 4

1. Spin ushiro into kiba dachi, right jun tzuki, left jun tzuki, right jun tzuki, right tettsui
2. Bring right leg back into kokutsu dachi, right morote shuto mawashi uke
3. Right mae geri, right mawashi geri, right kaka geri, right yoko geri, left ushiro geri to the back
4. Left morote shuto mawashi uke
5. Front leg (left) steps across into right kokutsu dachi, right morote shuto mawashi uke
6. Left chudan gyaku tzuki with kiai.

Repeat on sequence on other side

NUMBER 5

1. Spin ushiro in kiba dachi, right jun tzuki, left jun tzuki, right jun tzuki, left tettsui, right tettsui
2. Bring right leg back into kokutsu dachi while executing a right morote shuto mawashi uke
3. Right mae geri, right mawashi geri, right kaka geri, right yoko geri, right ushiro geri, left leg ushiro geri
4. Right foot sweep, left ushiro geri, right ushiro geri, left foot sweep, right ushiro geri, left chudan gyaku tzuki with "kiai"
5. Pull back into right kokutsu dachi while executing right morote shuto mawashi uke

