

14 count kumijo

Side A

Which foot is forward:

Side B

1: Choku Tsuki A	L → L	Low Vertical Block to
2: Block above head to	L ← R	Shomen uchi
3: Shomen uchi	R → L	Block to
4: Block	R ← L	Gyaku yokomen (ends at do)
5: Choku Tsuki A	R → L	Block to
6: Hasso Gaeshi to	L ← L	Choku Tsuki A
7: Shomen uchi	R → L	Block above head to
8: Block (both arms extended)	R ← R	Yokomen uchi
9: Tsuki left handed	R → R	Block left hand up to
10: Slide jo back	R ← R	Kiri uchi to wrists
11: step back block to	L ← L	Gyaku Yokomen uchi
12: Tsuki to face	L → L	Block from under to
13: Flip jo & Block	L ← L	Gyaku strike to knee
14: Choku Tsuki A	L → L	Slide back