

Yantsu

- 1) Begin in Mokuso [meditation position], Mokuso Yame [come out of Mokuso into Yoi Dachi (YD)]. Hajime (begin), chamber both arms back with the hands in tight fists. Coming straight out perform double Haito to temple height.
- 2) Chamber hands and perform double straight punches to face height.
- 3) Stack your hands to the right side of your body and snap a right Uraken (backfist) out in front of your body, head height. Stack your hands to the left side of your body and snap a left Uraken (backfist) out in front of 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.
- 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. Slide your lead leg (right) back into Kokutsu Dachi, and chamber your right hand back from strike. With your right hand, perform palm heel strike to groin and then raise hand straight up to opponents chin with Keiko (wrist). Roll the wrist to perform a shuto.
- 8) Parry across your body with your right hand. Step out with your left foot into left ZD (low) and punch low. Slide your lead leg (left) back into Kokutsu dachi, and chamber your left hand back from strike. With your left hand, perform palm heel strike to groin and then raise hand straight up to opponents chin with Keiko (wrist). Roll the wrist to perform a shuto.
- 9) Look to your right, turn to your right and bring your left foot up into Musubi Dachi and parry across with your left hand. Step out with your right foot into ZD and perform three punches. Punch sequence is low, high, middle beginning with your right hand and alternating. **KIAI!** while punching.
- 10) Perform Mae Geri (front snap kick) with your left foot to chudan level. Return foot to rear position and land in ZD after kick.
- 11) With front leg, slide back into KD and perform chudan uchi uke with open hand. Keep chambered hand (left) open. Rechamber right hand and perform palm heel strike, bring hand up for wrist strike, roll 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 Musubi Dachi and parry across your body with your right hand. Step out with our left foot into ZD and perform three punches. Punch sequence is low, high, middle beginning with your left hand and alternating. **KIAI!** while punching.
- 13) Perform Mae Geri (front snap kick) with your right foot to chudan level. Return foot to rear position and land in ZD after kick.
- 14) With front leg, slide back into KD and perform chudan uchi uke with open hand, keep chambered hand (right) open. Rechamber left hand and perform palm heel strike to groin. Raise hand up for wrist strike (Keiko) to opponents chin, roll wrist and hand to perform shuto.
- 15) Turn to your right into Musubi Dachi and push left hand out and away.