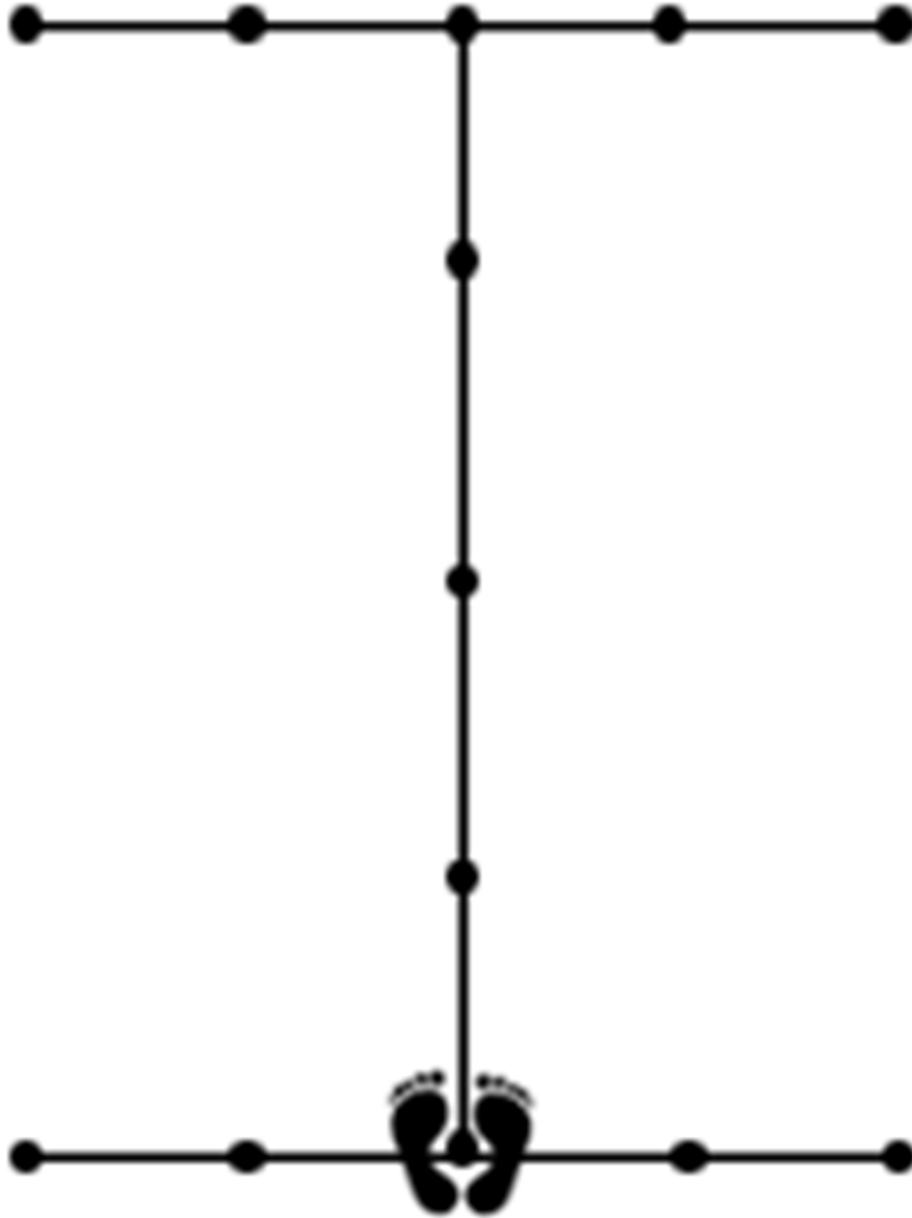


# Ju Ni No Kata

Twenty - 12 punches - 8 blocks



**EMBUSEN**

# Ju Ni No Kata

Twenty - 12 punches - 8 blocks

Bow

Feet together in V Stance

Hands by your side

Step with your left foot to the left, waist width from the right foot

Look to the left

Pick up left foot and turn body to the left – 90 degrees

Left foot will be in front

Block (upper block, middle block, lower block) with left arm

Step forward with your right leg

Punch with your right hand

Reverse direction

Pick up left foot and turn body to the left – 180 degrees

Left foot will be in front

Block (upper block, middle block, lower block) with left arm

Step forward with your right leg

Punch with your right hand

Look to the left

Pick up left foot and turn body to the left – 90 degrees

Left foot will be in front

Block (upper block, middle block, lower block) with left arm

Step forward with your right leg

Punch with your right hand

Step forward with your left leg

Punch with your left hand

Step forward with your right leg

Punch with your right hand

Look to the right

Pick up right foot and turn body to the right – 90 degrees

Right foot will be in front

Block (upper block, middle block, lower block) with right arm

Step forward with your left leg

Punch with your left hand

Reverse direction

Look to the right

Pick up right foot and turn body to the right – 180 degrees

Right foot will be in front

Block (upper block, middle block, lower block) with right arm

Step forward with your left leg

Punch with your left hand

Look to the left

# Ju Ni No Kata

Twenty - 12 punches - 8 blocks

Pick up left foot and turn body to the left – 90 degrees

Left foot will be in front

Block (upper block, middle block, lower block) with left arm

Step forward with your right leg

Punch with your right hand

Step forward with your left leg

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Pick up right foot and turn body to the right – 90 degrees

Right foot will be in front

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Step forward with your left leg

Punch with your left hand

Reverse direction

Look to the right

Pick up right foot and turn body to the right – 180 degrees

Right foot will be in front

Block (upper block, middle block, lower block) with right arm

Step forward with your left leg

Punch with your left hand

Pull left foot back to right foot

Turn to face left – 90 degrees

Bow

Feet together in V Stance

Hands by your side