# Chuks 4

1. Present
2. Step back with Right Foot
3. Shoulder Chuks on Right side
4. Do 2 triangles
5. On third triangle do helicopter spin with strike
6. Bring chuks back to Right Shoulder
7. Present
8. Do a #2 Side kick (right foot)
9. Land facing back, left foot is forward
10. Pass chuks behind back shoulder to left side while stepping fwd with right leg
11. Do 2 triangles
12. On third triangle do a helicopter spin with strike
13. Bring Chuks to left shoulder
14. Present
15. Do a #2 (left) side kick and land RFF facing the original front. (Chuks in R hand)
16. L #2 front kick landing in front.
17. Jump front kick (Left leg)
18. Right hand poke with chucks
19. Do 3 knuckle rolls at waist level
20. Grab chuk with right backhand grip
21. 3 reverse figure 8s
22. Flip down and rotate chuks back over hands to a “normal” grip
23. Shoulder Chuks
24. Present Chuks
25. Move chuks to left hand
26. Step with Right Roll up to left knee (right knee is up)
27. Poke on left side
28. Step up to present
29. Step into discipline