**Little Dragons**

**Taikyoku Nidan (Dragon Speak)**

Step (left foot to fudo dachi stance)

Block (double block)

Step (right foot steps forward)

Turn (both feet pivot left into a left foot forward front stance)

Inside Block (left hand inside block; right hand in garage)

Step (forward with right foot)

Punch Kia! (right hand punch; left hand in garage)

Step Back (right foot steps back to left foot)

Step Way Back (with right foot)

Turn, Turn, Turn (turning right with right handed extended in punch)

Turn Punch into an Inside Block

Step (forward with left foot)

Punch Kia! (left hand punch; right hand in garage)

Step Back (right foot steps back to left foot)

Look (turn just head to look left)

Step Out to front/mirror; fix feet; turn punch into an Inside Block

Guards Up

Kick (Front Kick with Right foot, lands in FRONT) Kia!

Kick (Front Kick with Left foot, lands in FRONT) Kia!

Kick (Front Kick with Right foot, lands in FRONT) Kia!

Jab/Cross (right punch/left punch)

Step right foot back to fudo dachi stance & double down block

Feet together (left foot steps in to right foot), hands at side, say "discipline" “respect”