# Wansu

1. Feet Together – slight bend in Knees - Bring right hand to left palm, rotate your elbows/forearms parallel to the ground
2. Look Left, Step out (Horse Stance) with left leg
3. Down block,
4. Punch with right hand across body
5. Look to front, Move left leg to left foot fwd front stance (C step)
6. Left down block
7. Right reverse punch
8. Right foot steps fwd, Right Shuto Block
9. Left punch (right hand moves to cup left ear (about 3-4 inches away)
10. Kosa Dachi stance (left leg behind right)
11. Right Hand groin strike,
12. Look left, step out (Horse Stance) with left leg, down block
13. Right Hand reverse punch, Pivot feet to left,
14. C-Step through with right leg
15. Shuto block with right hand with Left Reverse Punch
16. Kosa Dachi (left foot behind right) (now facing the back)
17. Right Groin Strike
18. Look left, step out (Horse Stance) with left leg, down block
19. Right Hand reverse punch
20. Pivot feet to left, C-Step through with right leg
21. Shuto block with right hand and Left Reverse Punch
22. Kosa Dachi (Left foot behind)
23. Right Groin Strike
24. Step out to front (Left foot fwd)
25. Left Down block
26. Grab right wrist with left hand (somewhat a backfist with a grab)
27. Perform a RH Reverse Punch, with a RF front kick at same time
28. Land Right foot forward with right open hand down block
29. (outside the right knee) and left open hand rising block
30. Right foot steps into LF, (facing original left) with knees bent,
31. Right hand goes behind back
32. Right foot step out to a horse stance w/ RH groin strike
33. “Grap” opponent and turn 180 degrees to a deep horse stance
34. Left hand palm up at chest (like a shuto) with
35. Right hand simulating a body slam, Palm Down (at level of your knees)
36. Look to the right and step back with left leg to right Cat Stance, right shuto
37. Look left, step back to with the right leg to a left foot Cat stance, left Shuto
38. Feet, Together, R fist under LH, elbows parallel to floor, slight knee bend
39. Come to discipline.