# Taikyoku Shodan

Yoi – Step left foot to fudo dachi, double down block

1. Step right foot fwd, pivot to face left, left arm rising block
2. Step thru right foot, right punch KIA, Look Right
3. Step right foot back to left foot; turn 1800 right, step out right foot, right arm rising block (right foot fwd)
4. Step thru with left foot, left punch KIA, Look Left
5. Step left foot back to right foot; turn 900 to left, step out left foot forward, left arm rising block
6. Step right, punch right
7. Step left, punch left
8. Step right, punch right, left punch KIA, Look Right
9. Crazy Turn to the right, Left foot moves, land left foot forward, left arm rising block
10. Step thru right foot, right punch KIA, Look Right
11. Step right foot back to left foot; turn right 1800, land right foot forward, right arm rising block
12. Step thru with left foot , left punch KIA, Look Left
13. Step left foot back to right foot, turn 900 to left, step out left foot forward, left arm rising block
14. Step right, punch right
15. Step left, punch left
16. Step right, punch right, punch left KIA, Look Left
17. Naha turn (right foot steps across the left foot, turn 1800 to the left – you should be in a left foot forward fighting stance)
18. Left arm rising block, right punch
19. Left foot step back to fudo dachi & double down block
20. Left Foot step in; Discipline, Respect, Bow