# Chuks 1

1. Step out to present, shoulder chucks on Right side
2. 3 Fwd swings on right side
3. Bounce off thigh
4. 3 Rev rotations on right side
5. 3 Fwd rotations to a right under the arm catch
6. RF Front kick, pivot on LF, and land facing 90\* to left
7. Repeat until facing forward again (3 more times)
8. 3 figure 8 rotations
9. Catch over right shoulder
10. Present

Come to discipline, respect, bow