# Naihanchi Nidan

1. Step out w/ left foot to Horse Stance with double down block
2. Step across with left foot; bring hands up to center of chest with elbows at same level (break bear hug)
3. Step out with right Leg and RH outside block, LH reverse punch (waist+ level)
4. Left foot cross, bring Right arm up to backfist position with left fingers pointed at right elbow.
5. Step right naihanchi dan, do a right inside block (higher) with left fingers “reinforcing at right elbow”
6. Look Left, Step across with Right Foot, bring arms up to parallel with ground, fists pointing toward each other (as above)
7. Step out to the left, LH outside block, RH Reverse Punch
8. Step across with RF, bring left arm to backfist with right fingertips reinforcing)
9. Step out with left foot with a reinforced outside block
10. Slide Chamber on the left side (Left open hand slides to hide R fist)
11. Move to a right reinforced down block
12. Lift right knee, chamber back the right arm, covering fist with left knife hand
13. Rotate left hand under and do an elbow hit to the front - KIAI
14. Look right with a right hand shuto block
15. Grab with right hand and do a reverse punch with left hand
16. Step across with left leg, step out with right to naihanchi dan
17. Left inside block,
18. Double Block
19. RH Back fist
20. Chamber on Right side (right arm back, open left-hand slides to hide right fist)
21. Left reinforced block (right hand supports left elbow)
22. Lift left leg; chamber left hand (hide with right hand) to left elbow hit (front) KIAI
23. Left Shuto
24. Left hand Grab, punch with right
25. Right foot steps over left (moving left)
26. Step out to naihanchi dan stance
27. Right Inside block, double Block, LH Backfist
28. Left leg into double down block
29. Left leg to Discipline. (it is two left steps in)