**Little Dragons**

**Naihanchi Shodan**

Cross hands (left over right)

Cross feet (left over right)

Step out Horse

Big block

Elbow SMASH

Double chamber

Down block, Punch Kiai!

Cross feet (right over left)

Step out Horse

Inside Block, Double Block, Support, Back Fist Kiai

Look (turn head left)

Lift left leg & AVOID the Sweep

Outside block & inside block

Look Right; Lift Right Leg; AVOID the Sweep; Hammer Fist Kiai!

Double Chamber

Double Punch Kiai!

Left foot steps in; cross hands in front

**Step Up** (left foot steps to right foot; hands at side)say **Discipline**

Bow say **Respect**