

1. Attacker: left foot forward. Defender: right foot forward.

- 1) Attacker: right front kick. Defender: right down block.
- 2) Attacker: left front kick. Defender steps back and left down block.
- 3) Attacker: left punch. Defender: left-hand circle block, right Seiken to ribs.

2. Attacker: right foot forward. Defender: right foot forward.

- 1) Attacker: step left, punch left to face. Defender: out block with right hand.
- 2) Attacker: left front kick. Defender: right down block.
- 3) Attacker: right straight punch. Defender: left circle-block, counter with a right bushiken.

3. Attacker: right foot forward. Defender: Right foot forward.

- 1) Attacker: step left, left high punch. Defender: right rising block.
- 2) Attacker: left front kick. Defender: right down block.
- 3) Attacker: right roundhouse kick. Defender: X-block.
- 4) Attacker: right punch. Defender: right circle-block/right front kick.

4. Attacker: right foot forward. Defender: Right foot forward.

- 1) Attacker: step left, left straight punch. Defender: right palm heel.
- 2) Attacker: left kick. Defender: right down block.
- 3) Attacker: right punch. Defender: left circle block, right vertical nukite throat.

5. Attacker: right foot forward. Defender: Right foot forward.

- 1) Attacker: step left, punch left. Defender: right circle block.
- 2) Attacker: left front kick. Defender: right down block.
- 3) Attacker: right roundhouse kick to head. Defender: block kick with guard.
- 4) Attacker: right high punch. Defender: right rising block, follow with a right elbow strike to sternum.

6. Attacker: right foot forward. Defender: Right foot forward.

- 1) Attacker: step left, punch left. Defender: right circle block.
 - 2) Attacker: left front kick. Defender: right down block.
 - 3) Attacker: right front kick. Defender: slides back into horse stance, circles block.
- Defender: grab attacker's arm and Seiken to the kidney.

7. Attacker: left foot forward. Defender: right foot forward.

- 1) Attacker: left front kick. Defender: left down block.
- 2) Attacker throws left high punch. Defender: rising block.
- 3) Attacker: right front kick. Defender: slide to the left, right down/circle block to catch/trap the leg in crook of arm. Defender: left-hand grabs attacker's right arm, slide forward and takes attacker to the ground, right shaken to the ribs.

8. Attacker: left foot forward. Defender: Right foot forward.

- 1) Attacker steps right, throws right high punch.
- 2) Defender right-hand circle-blocks it.
- 3) Attacker right front kick.
- 4) Defender: right down block.
- 5) Attacker: left high punch. Defender: right wrist rising block, right kokushiken.

9. Attacker: left foot forward. Defender: right foot forward.

- 1) Attacker slides forward, left punch. Defender: right palm heel blocks.
- 2) Attacker: right punch. Defender: left palm heel block.
- 3) Attacker throws right front kick. Defender steps back with right leg and downblocks kick with right arm.
- 4) Attacker throws a right punch toward defender's face. Defender right-hand circle-blocks it, and follows up with a right-arm close line to attacker's neck (with closed fist).

10. Attacker: right foot forward. Defender: right foot forward.

- 1) Attacker throws right punch. Defender palm-heel blocks it with left hand.
- 2) Attacker throws left punch. Defender palm-heel blocks it with right hand.
- 3) Attacker right front kick. Defender steps backs with right foot, downblocks kick with right arm.
- 4) Attacker throws right punch. Defender right-hand circle-blocks it low, then drives right knee into attacker's ribs (or leg). Defender then places his right foot behind the attacker's right leg while putting his (defender's) right hand to throat area. Defender takes attacker down over defender's right leg. Defender controls attacker's right arm while he's on ground, and defender then throws a right shoken to attacker's ribs.

10. (Variation). Same as above, **but** rather than do the knee strike at the end, just take the attacker down and throw the shoken when the attacker is on the ground.