
















## Tai Kyu Kyu (White belt)

Begin facing forward in natural stance (feet shoulder width apart and loose fists in front of thighs)

1. Turn 90° towards left and step left foot (lf) forward into front stance, downblock with left arm. 
2. Stepping forward punch, right hand (rh) + right foot (rf). 
3. Punching hand (right) goes up by opposite ear, front foot (ff) (right) goes to back foot (bf) (left)-turn towards right elbow 180°-downblock with rh + rf front stance. 
4. Stepping forward punch- lh+lf. 
5. Punching hand (left) goes up by opposite ear, front foot (ff) (left) goes to back foot (bf) (right)-turn towards left elbow 90° (facing front)- downblock with lh + lf- front stance. 
6. -8. Stepping forward punch three times (rh+rf, lh+lf, rh+rf) with **kiai** on last punch. 

## Second half of Tai Kyu Kyu (White belt yellow stripe)

1. Back foot (left) goes to front foot, Non-punching hand (left) goes up by opposite ear. Turn 270° towards left elbow and downblock with lh + lf. 
2. Stepping forward punch, rh + rf. 
3. Punching hand goes up by opposite ear (rh), front foot (rf) goes to back foot-turn towards right elbow 180°. Downblock rh+rf. 
4. Stepping forward punch lh+lf. 
5. Punching hand (left) goes up by opposite ear, front foot (ff) (left) goes to back foot (bf) (right)-turn towards left elbow 90° (facing towards back)- downblock with lh + lf- front stance. 
6. -8. Stepping forward punch three times (rh+rf, lh+lf, rh+rf) with **kiai** on last punch.
9. Back foot (left) goes to front foot, Non-punching hand (left) goes up by opposite ear. Turn 270° towards left elbow and downblock with lh + lf. 
10. Stepping forward punch rh+rf. 
11. Punching hand goes up by opposite ear, front foot (ff) (right) goes to back foot (bf) (left)-turn towards right elbow 180°-downblock with rh + rf front stance. 
12. Stepping forward punch- lh+lf. 

Yame