

Geksai Dai

- 1) Begin in Mokuso [meditation position], Mokuso Yame [come out of Mokuso into Yoi Dachi (YD)]. Hajime (begin), look to your left, step back with your left foot, turn your hips to the left 90 degrees into sanchin dachi and perform jodan uke with your left hand. Step into right ZD and punch jodan level. Step back with your right foot into a transitional stance and prepare to block Gedan Barai. Turn your hips to the right into Kiba dachi as you perform gedan barai with your left hand.
- 2) Look to your right, pivot on your right foot 90 degrees to the right, bringing your left foot up into a right sanchin dachi and perform jodan uke with your right hand. Step into left ZD and punch jodan level. Step back with your left foot into a transitional stance and prepare to block Gedan Barai. Turn your hips to the left into KD as you perform gedan barai with your right hand.
- 3) Look to the front and step into a right SD as you perform chudan uchi uke with your right hand.
- 4) Step into a left SD and perform CUU (inside block) with your left hand.
- 5) Step into right SD performing the CUU with your right hand.
- 6) Perform Chudan Mae Geri with your left (rear) foot. Chamber the kick and step into left ZD as you perform an elbow strike with your left arm. Use your left hand for a Uraken (backfist). Perform gedan barai with your left hand and perform a reverse punch with your right hand.
- 7) Look behind you, simulating a foot sweep with your rear leg. As you bring the foot forward, turn you hips 90 degrees to the right as you chamber your hands. Step down with your right foot into Kiba Dachi as you look to the rear and perform a shuto. **KIAI!**
- 8) Turn your hips 90 degrees to the right as you step into left sanchin dachi with a left chudan uchi uke.
- 9) Step into right SD performing the CUU with your right hand.
- 10) Step backward into a left SD and perform CUU (inside block) with your left hand.
- 11) Perform Chudan Mae Geri with your right (rear) foot. Chamber the kick and step into right ZD as you perform an elbow strike with your right arm. Use your right hand for a Uraken (backfist). Perform gedan barai with your right hand and perform a reverse punch with your left hand.
- 12) Look behind you, simulating a foot sweep with your rear leg. As you bring the foot forward, turn you hips 90 degrees to the left as you chamber your hands. Step down with your left foot into Kiba Dachi as you look to the front and perform a shuto. **KIAI!**
- 13) Step up with your right foot into a ZD and perform double strike, one hand over top of other. The right hand is on the bottom. Strikes should be to the chin and solar plex (6" apart). Be sure to chamber both hands back before your perform strikes.
- 14) Step through with your left foot into a ZD, chamber hands and repeat double strike. The left hand is on the bottom. Strikes should be to the chin and solar plex (6" apart).
- 15) Step back into a right ZD, chamber hands and repeat double strike.