

## Tsuki No

- 1) Begin in Mokuso [meditation position], Mokuso Yame [come out of Mokuso into Yoi Dachi (YD)]. Hajime (begin), Step backward with your right foot into Kiba Dachi as you turn your hips to a 45 degree angle. Perform a gedan barai with your left hand and follow with a reverse punch across your body due to hip alignment.
- 2) Step thru with your right foot into KD at a 45 degree angle and perform reverse punch across your body.
- 3) Step with the left foot into Sanchin Dachi and reverse punch chudan level.
- 4) Step with the right foot into SD and reverse punch chudan level.
- 5) Step thru to low left ZD with reverse punch belt level.
- 6) Step thru to low right ZD with reverse punch belt level. Punch Chudan level with right hand.
- 7) Look over your left shoulder and step across with your front foot (right). Turn to rear in a left SD and block CUU with your left hand. Stay in stance and punch chudan level.
- 8) Step thru with your right foot into right SD and perform CUU with your right hand. Straight punch with your left hand, followed by your right hand, chudan level.
- 9) Step thru with your left foot into ZD with a jodan level punch with your left hand.
- 10) Step thru with your right foot into ZD with a jodan level punch with your right hand.
- 11) Look over your left shoulder as you slide your rear foot across, turn your hips 180 degrees into left ZD and block gedan barai with your left hand.
- 12) Perform Chudan Mae Geri with your right foot, rechamber as you look to your right.
- 13) While your foot is still chambered, pivot on your left foot to turn and parry across your body with your left hand. As you parry, step out with your chambered foot (right) into a long transitional stance. Turn to the front and into a KD (Horse Stance) as you punch out to the side, chudan level with your right hand, chamber the left hand. **KIAI!**
- 14) Turn your hips and feet back towards the right and back into the transitional stance, slide your left foot forward into a left Bo transitional stance. Turn your hips and feet 90 degrees to the right so you face the rear and punch out straight with your left hand.
- 15) Immediately look to your right and parry across your body with your left hand.
- 16) Perform a finger stab chudan level to the side with your right hand as you chamber your left hand.
- 17) Turn your hips to the right and rotate into a transitional stance. Slide the rear foot (left) forward into a transitional stance. Rotate (turn) hips to the right and facing front into a Kiba dachi (horse stance), strike with right hand to the side, chudan level, chamber left hand.
- 18) Bring your left foot in towards the right foot as you perform double blocks. The left hand does chudan uchi uke, while the right does gedan barai. Slide your left foot back so you are in right ZD and perform the same blocks with opposite hands. Staying in ZD, chamber your right hand.
- 19) Perform three punches, alternating hands. Start at jodan level with right hand, punch gedan with left and finish with right handed punch chudan level. **KIAI! During punch sequence.**
- 20) Slide your lead foot (right) back into Kokutsu Dachi (Back Stance) and stack your hands with the left hand across and right hand up with fingers pointing forward, palm up. Drop into SD and perform double blocks with the right hand blocking down across your body and the left hand going up and around. Chamber your hands and perform slow palm heel strikes to the groin and chin.