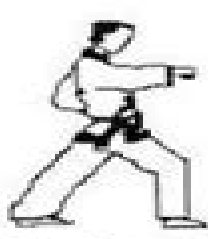




Ready Stance



Turn left  
Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Turn 180°  
Long Turn



Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Turn Left  
Front Stance  
High Block



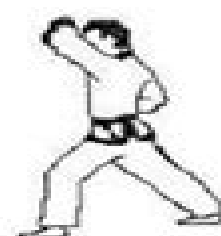
Step Through  
Front Stance  
High Punch



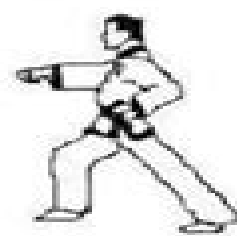
Step Through  
Front Stance  
High Punch



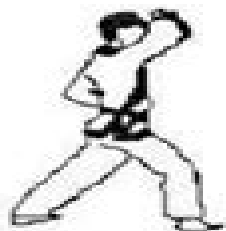
Step Through  
Front Stance  
High Punch  
Kiyup!



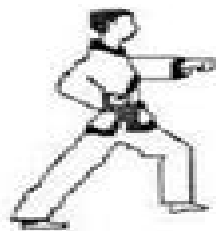
Turn 270° degrees  
Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Turn 180° degrees  
Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Turn Left  
Front Stance  
High Block



Step Through  
Front Stance  
High Punch



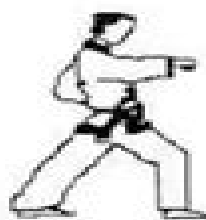
Step Through  
Front Stance  
High Punch



Step Through  
Front Stance  
High Punch  
Kiyup!



Turn left  
Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Turn 180°  
Long Turn



Front Stance  
High Block



Step Through  
Front Stance  
High Punch



Ready Stance

# Karate Moves Guide

**SB Merriam**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'SB Merriam' text.

## Karate Moves Guide:

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