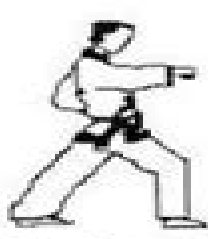




Ready Stance



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



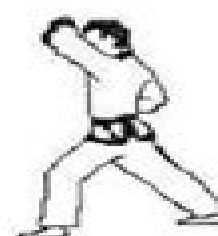
Step Through
Front Stance
High Punch



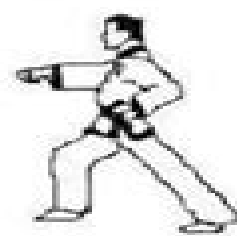
Step Through
Front Stance
High Punch



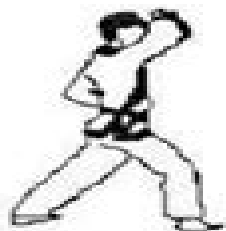
Step Through
Front Stance
High Punch
Kiyup!



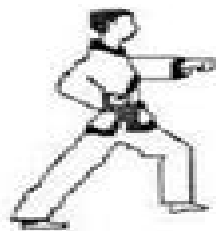
Turn 270° degrees
Front Stance
High Block



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



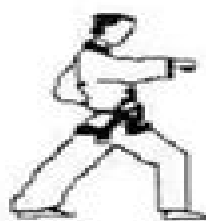
Step Through
Front Stance
High Punch



Step Through
Front Stance
High Punch
Kiyup!



Turn left
Front Stance
High Block



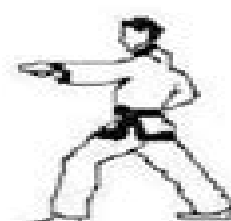
Step Through
Front Stance
High Punch



Turn 180°
Long Turn



Front Stance
High Block



Step Through
Front Stance
High Punch



Ready Stance

Martial Arts Soft Technique Manual

Raffaela Di Napoli



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