

## KIHON # 1-3

Blocks and punches always over forward leg.  
On every turn, block.  
On every step, punch.  
For every count, only one foot moves.

- 1/4 Turn : Left leg moves  
Left arm blocks  
Turn to the left (ccw)
- 1/2 Turn : Right leg moves  
Right arm blocks  
Turn to the right (cw)
- 3/4 Turn : Left leg moves  
Left arm blocks  
Turn to the left (ccw)

