

10 Count Blocking Drills

1. Down
2. Down
3. In
4. In
5. Up
6. Up
7. Out
8. Out
9. Punch
10. Punch

7 Opening Steps to Sanchin

1. Set
2. Hands Back
3. Step
4. Thrust
5. Grab
6. Pick them up (hands)
7. Open them up (hands)