

# Fukyugata Ichi:

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1. 90-degree turn left (face 9:00) to left forward stance, left downward block.
2. Step into right natural stance, right middle punch.
3. 180-degree turn right (face 3:00) to right forward stance, right downward block.
4. Step into left natural stance, left middle punch.
5. 90-degree turn left (face 12:00) to left forward stance, left downward block.
6. Step into right natural stance, right middle punch.
7. Step into left natural stance, left middle punch.
8. Step into right natural stance, right middle punch.
9. 225-degree turn left (face 4:30) into left forward stance, left downward block.
10. Step into right natural stance, right upward block.
11. Step directly across (face 7:30) to right forward stance, right downward block.
12. Step into left natural stance, left upward block.
13. Step directly across (face 6:00) into left natural stance, right middle punch, KIAI.
14. Step into right natural stance, left middle punch.
15. Step into left natural stance, right middle punch.
16. Step into right natural stance, left middle punch.
17. 225-degree turn (face 10:30) into left forward stance, left downward block.
18. Step into right natural stance, right high punch.
19. Step directly across into right forward stance (face 1:30), right downward block.
20. Step into left natural stance, left high punch.
21. Kamae.