

Fukyugata Ni:

1. 90-degree turn left (face 9:00) to left natural stance, left upper block.
2. Step forward to right natural stance, right high punch.
3. Step back to horse stance, left downward block.
4. 180-degree turn to right natural stance (face 3:00), right upper block.
5. Step to left natural stance, left high punch.
6. Step back to horse stance, right lower block.
7. 90-degree turn left (face 12:00) Step to left natural stance, left middle block.
8. Step to right natural stance, right middle block.
10. Left front kick (KIAI) to left forward stance, left elbow strike.
11. Left back fist, left lower block, right middle punch.
12. Turn 90-degrees right to neutral stance, perform right chest knife-hand strike.
13. Step to left forward stance (face 6:00), left middle block.
14. Right front kick to right forward stance, right elbow strike.
15. Right back fist, right lower block, left middle punch.
16. Turn 90-degrees left to neutral stance, perform left chest knife-hand strike.
17. Step back to right forward stance (face 12:00), right outward block and double punch.
18. Switch feet to left forward stance, left outward block and double punch.