

Kanegawa no Nichou Gama

1. Set, step left back, right knee up, cross kama and double down block
 - a. Step left foot forward, left circle block, right chop
 - b. Step right foot forward, right circle block, left chop
 - c. Step left foot forward, left circle block, right chop
 - i. Step up, feet even, kamae
 - ii. Step right foot forward double down block
2. Turn left 180 on right foot to rear feet even
 - a. Left low kamae in left fudo dachi
 - b. Right low kame in right fudo dachi
 - i. Feet even, kamae
 - ii. Step right foot forward double down block
 - c. Step left foot forward, left circle block
 - d. Step right foot forward, right circle block
 - e. Step left foot forward, left circle block
 - i. Step up, feet even, kamae
 - ii. Step right foot forward double down block
3. Turn left 180 on right foot to front feet even
 - a. Lift left knee, left downward block, high strike
 - b. Lift right knee, right downward block, high strike
 - i. Bring left to right foot, feet even, kamae
 - ii. Step right foot forward double down block
 - iii. Turn kama over
 - c. Step left foot forward, left upward block, left reverse strike
 - d. Step right foot forward, right upward block, right reverse strike
 - e. Step left foot forward, left upward block, left reverse strike
 - i. Bring left to right foot, double cross block
 - ii. Turn kama over, kamae
 - f. Step right foot back, left circle block, right C strike
 - g. Step right foot back, right circle block, left C strike
 - h. Step left foot back, left circle block, right C strike
 - i. Bring left to right foot, double cross block
 - ii. Turn kama over, kamae
 - i. Lift left knee, left downward block, double cross strike
 - j. Lift right knee, right downward block, double cross strike
 - i. Step right foot back
 - k. Left circle block
 - l. Step right foot forward, right stab
4. Step back, feet even, low kamae
5. Bow