

Maezato no Tekko

1. Bow
2. Heiko dachi both hands down
3. Horse riding stance double circle block and clap
4. Attention stance
5. Step right zenkutsu divide right high, and turn hand over
6. Step back then into a right zenkutsu facing forward right hand high, left low
7. Shift to a left zenkutsu, left hand high right hand low
8. Left TURN downward block, outward block, turn hand over
9. Step right foot forward right, left punch slide forward right punch
10. Right front foot TURN 180 right downward block, outward block, turn hand over
11. Step left foot forward, left, right, punch slide forward left punch
12. TURN left 90 to left (front) left down block, outward block, turn hand over
13. Step right forward right punch at an angle
14. Step left punch (back to front)
15. Step right foot forward in shiko dachi right punch kiai
16. TURN left 180 (back)
17. Heiko dachi both hand down
18. Shiko dachi double circle and clap
19. TURN left kamae in shiko dachi
 - a. Bring left foot back and face 45 right block
 - b. Right kick place foot down in front
 - c. Slide forward right, left punch
 - d. Slide forward right punch
 - e. Right hand high divide
20. Step back to heiko dachi
21. Shiko dachi double circle and clap
22. TURN right kamae in shiko dachi
 - a. Bring right foot back and face 45 left block
 - b. Left kick place foot down in front
 - c. Slide forward left, right punch
 - d. Slide forward left punch
 - e. Left hand high divide
23. TURN to right (facing left of front) bringing left to right in attention stance
24. TURN 180 (right) duck come up horse stance, double side punches (moving right leg)
25. Step back with left leg TURN left 180, horse stance, double down block
26. Step to left with the left leg turning left (facing rear) horse stance right, left, right punch, divide right up, left low
27. Come up (right foot to left) TURN left 180 (to front) keep right hand up, left down and moving the left foot
28. Divide right down left up (in a horse stance)
29. Left down (now both hands are down) pull both back right, left, right punch
30. Heiko dachi both hands down
31. Shiko dachi double circle and clap

32. Look right still in shiko dachi
 - a. Bring left leg to right
 - b. Right hand out left hand below right elbow
 - c. Slide left foot back
 - d. Lift right leg up, hold left hand high, right hand low
33. Heiko dachi both hand down
34. Shiko dachi double circle and clap in
35. Look left still in shiko dachi
 - a. Bring right leg to left
 - b. Left hand out right hand below left elbow
 - c. Slide right foot back
 - d. Lift left leg up, hold right hand high, left hand low
36. Heiko dachi both hand low
37. Shiko dachi double circle and clap
38. come up (left to right) step right zenkutsu, right high, left low divide
39. Shuffle back to shiko dachi right downward block, left upward block
 - a. Right circle block
40. Slide forward to right double punch, right hand low, left hand high (wa-uke)
41. Slide back keeping the right hand low and left hand high
42. Step right foot back to heiko dachi sanchin kamae
43. Drop to shik dachi elbows out
44. Bring right to left foot attention, sanchin kamae
45. Slide right foot out to heiko dachi hand down
46. Slide left foot to right
 - a. Place left hand on right
47. Bow with tekko in Right hand