

Uhugushiku no kun

To the front:

1. Step back C block
2. Overhead, thrust
3. Block your leg, overhead
4. Step back C block
5. Overhead thrust behind you

To the rear:

1. Overhead thrust
2. Block your leg, overhead
3. Step back C block
4. Turn overhead thrust behind you

To the left:

1. Overhead thrust
2. Block your leg, overhead
3. Step back C block
4. Overhead thrust behind you

To the right:

1. Overhead thrust
2. Block your leg, overhead
3. Step back C block
4. Overhead Kiai