

ONE HEART WAY DOJO

Isshinryu Kicks

1. Begin in Seisan Dachi right leg back, right snap kick with ball of the foot to groin, plant forward into Seisan Dachi; from Seisan Dachi left leg back, left snap kick to groin with ball of the foot, plant forward into Seisan Dachi.
2. Begin in Seisan Dachi right leg back, raise right knee and side blade kick right on 45 degree forward angle to opponent's knee, plant forward into Seisan Dachi; from Seisan Dachi left leg back, raise left knee, left side blade kick on 45 degree forward angle to opponent's knee, plant forward.
3. Begin in Seisan Dachi right leg back, raise right knee, cross-over heel stomp with right foot to opponent's knee (cross over your own left knee with the kick); plant forward; from Seisan Dachi left leg back, raise left knee, cross-over heel stomp with left foot to opponent's knee, plant forward.
4. From Ready Position, guard up to right, raise right knee forward and right side thrust kick with heel or blade, plant back into Ready Position; guard up left, raise left knee forward, left thrust kick with heel or blade.
5. Begin in Ready Position, pull into Cat Stance with right leg back, snap kick off of front (left) leg; step back into Cat Stance with left leg back, snap kick off of front (right) leg.
6. Begin in Ready Position, step right foot forward and drop into Zen Kutsu Dachi, right, inward forearm block right and simultaneously roundhouse kick from rear (left) leg to floating rib of opponent; step forward into Zen Kutsu Dachi left, inward forearm block left, simultaneously roundhouse kick off of rear (right) leg to opponent's floating rib.
7. Begin in Ready Position, grab lapels and heel thrust kick right to solar plexus, plant forward, grab lapels and heel thrust kick left to solar plexus.
8. Begin in ready, grab opponent's head, pull down as right knee rises into smash, plant forward; grab opponent's head, pull down and knee smash left.
9. Begin in Ready Position, look over right shoulder to the rear, lift right knee, rear heel thrust kick right, plant back into Ready Position; look over left shoulder, raise left knee, rear heel thrust kick left.
10. Begin in Seisan Dachi left leg back, raise front knee (right) and roundhouse kick solar plexus, plant back; from Seisan Dachi right leg back raise front (left) knee and roundhouse kick to solar plexus.