



TAIKYOKU DRILL #1

LOOK LEFT: TURN TO THE LEFT INTO A LFF FRONT STANCE: LF LOW CLOSED BLOCK: RFF TO A FRONT STANCE: RT BODY PUNCH: LOOK OVER RT SHOULDER TO THE REAR: TURN TO THE REAR INTO A RFF FRONT STANCE: RT LOW CLOSED BLOCK: LFF TO A FRONT STANCE: LF BODY PUNCH: LOOK 90° TO THE LEFT: TURN 90° TO THE LEFT INTO A LFF FRONT STANCE: LF LOW CLOSED BLOCK: RFF TO A FRONT STANCE: RT BODY PUNCH: LFF TO A FRONT STANCE: LF BODY PUNCH: RFF TO A FRONT STANCE: RT BODY PUNCH: LOOK 90° TO THE RIGHT: EXECUTE A TAIKYOKU OR $\frac{3}{4}$ TURN TO A LFF FRONT STANCE: LEFT LOW CLOSED BLOCK: RFF TO A FRONT STANCE: RT BODY PUNCH:

LOOK OVER RT SHOULDER TO THE REAR: TURN TO THE REAR INTO A RFF FRONT STANCE: RT LOW CLOSED BLOCK: LFF TO A FRONT STANCE: LF BODY PUNCH: LOOK 90° TO THE LEFT: TURN 90° TO THE LEFT INTO A LFF FRONT STANCE: LF LOW CLOSED BLOCK: RFF TO A FRONT STANCE: RT BODY PUNCH: LFF TO A FRONT STANCE: LF BODY PUNCH: RFF TO A FRONT STANCE: RT BODY PUNCH: LOOK 90° TO THE RT: EXECUTE A TAIKYOKU TURN TO A LFF FRONT STANCE: LF LOW CLOSED BLOCK: RFF TO A FRONT STANCE: RT BODY PUNCH: LOOK OVER RT SHOULDER TO THE REAR: TURN TO THE REAR INTO A RFF FRONT STANCE: RT LOW CLOSED BLOCK: LFF TO A FRONT STANCE: LF BODY PUNCH: LOOK 90° TO THE LEFT: MOVE LF FOOT BACK TO AN OPEN READY STANCE: COME READY: MEDITATION: REI.

NOTE:

1. TAIKYOKU DRILL #2 – SUBSTITUTE MIDDLE CLOSED BLOCKS FOR LOW CLOSED BLOCKS
2. TAIKYOKU DRILL #3 – SUBSTITUTE HIGH CLOSED BLOCKS FOR LOW CLOSED BLOCKS