

ADULT UNIVERSAL ONE

BOW IN:

Step out with your Left leg as you x block with chops above your head and say, "ACTION"

Extend arms straight out from the shoulders beside you, palms downward and say, "KARATE"

Slide feet together as you bring your palms together arms extend straight in front of you and say, "UNIVERSAL"

Drop hands to your sides, "ONE".

Bow

Right guarding stance-AAIYAH!

Left arm does a rising block, inward block, and then an outward block.. Right hand does a reverse punch (asah).

Left arm does a downward block and right hand does a reverse punch (asah).

Step forward with your right leg into a left guarding stance and do a right down ward palm. Left hand does a reverse punch (asah).

Advancing front kick with left leg then a roundhouse kick with the right leg (asah).

Right arm does a rising block, inward block, and then an outward block.. Left hand does a reverse punch (asah).

Right arm does a downward block and left hand does a reverse punch (asah).

Step forward with your left leg into a right guarding stance and do a left downward palm. Right hand does a reverse punch (asah).

Step forward with your right so your feet are together and bow. Touch your right fist to your left shoulder (left arm chambered at side).

Chop out high on a 45 degree angle with right hand and say, "ACTION"

Bring right hand to left shoulder and say, "KARATE"

Chop down at a 45 degree angle beside your body (with right hand) and say, "ROCKS".