

## To-San

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Shoulder width apart	Fists apart at belt level
2	Left outside forearm block with yell	W	Step with left foot into a left front stance	Left outside forearm block
3	Right reverse punch	W	Don't move feet.	Right reverse punch, chest high
4	Right outside forearm block	E	Move left foot laterally to the right. Move Right foot laterally to the left. Rotate to the left 180 degrees into a right front stance.	Right knife-hand guarding block
5	Left reverse punch	E	Don't move feet.	Left punch, chest high
6	Left knife-hand guarding block	N	Move left foot foreword into a left back stance	Left knife-hand guarding block
7	Right-hand spear finger strike with yell	N	Step foreword with right foot into a right front stance.	Right-hand spear finger strike
8	Left back-fist strike	N	Move left foot and rotate to the left 360 degrees. Pivot on the right foot into a left front stance.	Flatten spear finger strike and twist wrist to the left and behind your back as you rotate. After rotation is complete, Left back-fist strike to temple
9	Right back-fist strike	N	Step foreword with right foot into a right front stance.	Right back-fist strike
10	Left outside forearm block	E	Move left foot and rotate 270 degrees to the left. Pivot on right foot into a left front stance.	Left outside forearm block
11	Right reverse punch	E	Don't move feet.	Right reverse punch, chest high
12	Right outside forearm block	W	Move left foot laterally to the right. Move Right foot laterally to the left. Rotate to the left 180 degrees into a right front stance.	Right knife-hand guarding block
13	Left reverse punch	W	Don't move feet.	Left punch, chest high
14	Double outside forearm block	SE	Pivot in place left 135 degrees into a left front stance.	Double outside forearm block
15	Right leg front kick	SE	Stand up with a right leg, back leg front kick land in a right front stance.	Guarding position
16	Double Punch	SE	Don't move feet.	Punch Right then left
17	Double outside forearm block	SW	Move right leg back then rotate to the right 90 degrees and step out into a right front stance.	Double outside forearm block
18	Left leg front kick	SW	Stand up with a left leg, back leg front kick land in a left front stance.	Guarding position
19	Double Punch	SW	Don't move feet.	Punch left then right
20	Left high block	S	Move left foot and rotate 45 degrees to the left into a left front stance.	Left high block
21	Right high block	S	Step foreword with right foot into a right front stance.	Right high block
22	Left knife-hand strike	W	Move left foot and rotate 270 degrees to the left. Pivot on right foot into a horse stance.	Left knife-hand strike
23	Right knife-hand strike	E	Move left foot to your right foot and step out with your right foot into a horse stance.	Right knife-hand strike