

## Basai

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Ready position - feet together, left hand covering right fist on right side of body, chest height.  
Rise up on the balls of the feet and simultaneously push hands down in front of you, stopping at your waist with feet back down

Twist on the balls of your feet to the left, checking at left hip, stepping forward to an augmented middle block, right arm (left foot close behind right on ball) \*KIUP\*

Turn left 180° to middle block, left arm (front stance)  
Reverse middle block, right arm

Turn right 180° to inward forearm block, left arm (right front stance)  
Middle block, right arm.

Disengage wrist grab - pick up right leg while bringing right fist down on outside of thigh, pivot to the right 90°, setting down into an inward forearm block, right arm (front stance)  
Reverse middle block, left arm

Turn left 90°, check hands at right hip (side stance)  
Maintain stance for Outward Knife-hand Strike, left hand  
Maintain stance for Middle Punch and Middle Block, right hand  
Maintain stance for Middle Punch and Middle Block, left hand

Starting with left foot, take 2 steps forward to Double Knife-hand Block, right arm forward (back stance)  
Step forward to Double Knife-hand Block, left arm forward (back stance)  
Step forward to Double Knife-hand Block, right arm forward (back stance)  
Step backward to Double Knife-hand Block, left arm forward (back stance)

Bring right hand around to left hand - Reinforced Palm Block  
Grab with hands and pull towards you and step forward to side kick, right foot  
Set down to Double Knife-hand Block facing opposite direction (back stance)  
Step forward to Double Knife-hand Block, right arm forward (back stance)

Disengage wrist grab by pulling right arm down in front of you, bringing right foot to left foot

Maintain stance for mountain block  
Maintain stance and bring arms back to hips, then double hammerfist to floating ribs (right front stance)  
Shuffle forward to Middle Punch, right hand (front stance) \*KIUP\*

Turn left 180° to Reverse Groin Strike, right hand with left arm across chest (front stance)  
Bring left arm down to low block and right arm back to reverse hammerfist behind head (back stance)  
Rotate arms around to Low Block, left arm and block behind head, right arm, bringing left foot back to right foot  
Pivot 180° on balls of feet to Mountain Block (feet crossed)  
Traditional Side Kick to the side, right foot

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Setting down into a Low Block to the side, right arm (side stance)  
Turn left 90° to Outward Knife-hand Strike, left hand (front stance)  
Wrap hand around, palm facing in and move to Inward Crescent Kick, right foot to left palm  
Set down to Elbow Strike, right arm to left palm (side stance)  
Maintain stance for 3 Downward Punches, right hand, left hand, right hand

Bring right foot back to left foot, check hands at left hip  
Turn right 90° - Double Vertical Punch, left hand over right, right foot forward (front stance)  
Slide right foot back to left foot, check hands at left hip  
Pushing up on the balls of the feet, rotate hands from left hip to right hip  
Inward Crescent Kick, left foot  
Setting down to a double vertical punch, right hand over left, left foot forward (front stance)

Slide left foot back to right foot, check hands at right hip  
Pushing up on the balls of the feet, rotate hands from right hip to left hip  
Inward Crescent Kick, right foot  
Setting down to a double vertical punch, left hand over right, right foot forward (front stance)

Turn left 270° to scooping Middle Block to a back fist, right arm (Kneeling front stance, also referred to as extended front stance)

Pivot right 180° to scooping Middle Block to a back fist, left arm (kneeling front stance)

Step out with left foot 90° and move to Double Knife Hand Block, right arm forward  
Turn right 90° to Double Knife Hand Block, right arm forward  
Move right foot to the left 90°, in front of left foot and step to Double Knife Hand Block \*KIUP\*  
Bring left foot back to ready position.