

SEISAN

1. *Attention stance.* (12:00)
2. Step out with right foot into *ready stance*.
3. Step forward into a right *front stance*, simultaneously executing a **right augmented outward block**.
4. Withdraw left fist to left hip. Immediately execute a **left middle reverse punch**. Slowly bring left fist back to left hip.
5. Step forward into a left *front stance*, simultaneously executing a **left augmented outward block**.
6. Withdraw right fist to right hip. Immediately execute a **right middle reverse punch**. Slowly bring right fist back to right hip.
7. Step forward into a right *front stance*, simultaneously executing a **right augmented outward block**.
8. Withdraw left fist to left hip. Immediately execute a **left middle reverse punch**. Slowly bring left fist back **right augmented outward block position**.
- 9.* Withdraw both hands to hips. Immediately **punch out with both hands simultaneously** - left at your upper left chest level, right at your lower right side level.
10. Immediately and simultaneously execute a **right middle block** and a **left down block**. Immediately execute a simultaneous **left middle block** and a **right down block** from the same stance.
11. Withdraw both hands, palm down, to center of chest.(fingertips touching, elbows out.)
12. Extend both hands downward and outward at center of abdomen level. Raise them up to breast level, still out from the body, and withdraw them your hips as you raise your right knee.
13. Pivot on your left foot 180° and set your right foot down into a *right front stance*, simultaneously executing a right palm - up circular upward scooping motion.

right vertical spearhand straight out from the chest, (arm parallel with the floor), left arm across chest, hand under bicep, palm down, parallel to the ground.
15. Turn counterclockwise 225°, (5:00) (pivoting on right foot,) into *left front stance*, simultaneously executing **double knife - hand blocks**. (**left forward, right back**).

16. Step forward into *right front stance*, simultaneously executing **double knife - hand blocks. (right forward, left back).**
17. Step clockwise 90°, (7:00) (pivoting on left foot), into *right front stance*, simultaneously executing **double knife - hand blocks. (right forward, left back).**
18. Step forward into *left front stance*, simultaneously executing **double knife - hand blocks. (left forward, right back).**
19. Step counter-clockwise 45°, (pivoting on right foot), into *left front stance*, simultaneously executing **right outward middle block.**
20. Execute a **right front kick** and set down into a *right front stance*.
21. IMMEDIATELY execute a **left reverse punch**, followed by a **left outward middle block.**
22. Execute a **left front kick** and set down into a *left front stance*.
23. IMMEDIATELY execute a **right reverse punch**, followed by a **right outward middle block.**
24. Turn counterclockwise 45° (4:30) and step forward into a *right front stance*, simultaneously executing a **right augmented outward block.**
25. Turn and step counter-clockwise 180°, (10:30), into *left front stance*, simultaneously executing **left low block.**
26. Step forward into *right front stance*, simultaneously executing **right high block.**
27. Step clockwise 90°, (pivoting on left foot), into *right front stance*, simultaneously executing **right down block.**
28. Step forward into *left front stance*, simultaneously executing **left high block.**
25. Step left foot back to *ready stance*.
26. Right foot to left into *attention stance*; bow.

End of kata.