

Heian IV

Chumbi

1. Chamber hands to right side stepping left into back stance with left vertical knife hand block and right horizontal knife hand block.
2. Chamber hands to left side stepping right into back stance with right vertical knife hand block and left horizontal knife hand block
3. Pull left foot into point of balance chambering hands to right side.
4. Step into left forward stance with low cross block.
5. Step into right forward stance with right augmented middle block.
6. Step even with left foot with right hooking punch to temple followed by left hooking punch to temple.
7. Left middle block to left side with left side snap kick to left landing in left forward stance with right elbow to opponents head. (This is at shoulder level and left hand grabs opponents head to enhance strike)
8. Step even with right foot with left hooking punch to opponents temple followed by right hooking punch to opponent's temple.
9. Right middle block to right side with right side snap kick to right landing in right forward stance with left elbow to opponents head. (This is at shoulder level and right hand grabs opponents head to enhance strike)
10. Left knife hand vertical block to left side with right knife hand horizontal block.
11. Rotate hips to same direction with right knife hand vertical block with left knife hand horizontal block.
12. Right front snap kick to solar plexus with right vertical cross block landing in right augmented back fist with left foot crossed behind right leg.
13. Reverse pivot 225 degrees into left back stance with U block.
14. Right front snap kick to opponent's solar plexus landing in right forward stance.
15. Right front snap punch to solar plexus followed by left front snap punch to solar plexus.
16. Step right 90 degrees into right back stance with U block
17. Left front snap kick to opponent's solar plexus landing in left forward stance.
18. Left front snap punch to solar plexus followed by right front snap punch to solar plexus.
19. Pivot left 45 degrees into left forward stance with left augmented middle block.
20. Step into right forward stance with right augmented middle block.
21. Step into left forward stance with double middle block.
22. Shift to left back stance chambering hands to right hip.
23. Grab opponents head with both hands driving right knee to opponents face landing 180 degrees into left back stance with double knife hand blocks.
24. Switch stance to right stance with double knife hand blocks.
25. Step left foot to bow.