

# Upper Chart

## Te no bu

1. Step forward right into Seisan dachi, right hand straight forward punch to solar plexus.  
Repeat opposite side.
2. Step forward right into Seisan dachi, right hand upper cut to chin.  
Repeat opposite side.
3. Step forward right into Seisan dachi, left hand straight forward punch to solar plexus.  
Repeat opposite side.
4. Step forward right into Seisan dachi, left hand upper cut to chin.  
Repeat opposite side.
5. Step forward left into Seisan dachi, upper block left, right hand straight forward punch to solar plexus.  
Repeat opposite side.
6. Step forward left into Seisan dachi, middle block left, right hand straight forward punch to solar plexus.  
Repeat opposite side.
7. Step forward left into Seisan dachi, low block left, right hand straight forward punch to solar plexus.  
Repeat opposite side.
8. Step forward left into Seisan dachi, high open hand block left, left hand grab and pull, right hand upper cut to chin (nose, throat).  
Repeat opposite side.
9. Step forward left into Seisan dachi, middle open hand block left, left hand grab and pull, right hand finger tip strike to solar plexus.  
Repeat opposite side.
10. Step forward left into Seisan dachi, middle open hand low block left, right hand shuto down and in on shoulder.  
Repeat opposite side.
11. Step forward left into Seisan dachi, high block left, five straight forward punches to solar plexus beginning with right hand.  
Repeat opposite side.
12. Step forward left into Seisan dachi, middle block left, five straight forward punches to solar plexus beginning with right hand.  
Repeat opposite side.

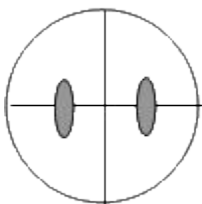
13. Step forward left into Seisan dachi, low block left, five straight forward punches to solar plexus beginning with right hand.  
Repeat opposite side.
14. Step forward left into Seisan dachi and execute a left palm heel block, right hand hook punch, left hand hook punch to ribs.  
Repeat opposite side.
15. Step forward left into Seisan dachi, bring left elbow up so fist is next to ear, left hand backfist to nose, right hand straight forward punch to solar plexus.  
Repeat opposite side.
16. Look over right shoulder, step back right into Cat Stance, elbow strike right, left arm pushes forward.  
Repeat on opposite side.

Notes:

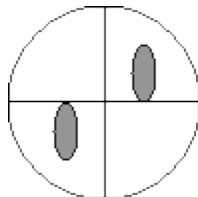
1. All exercises performed from basic ready position, **Heiko dachi**. Feet are shoulder width apart, knees slightly bent with small finger on hip bone, closed fists. Elbows are back.
2. **Seisan dachi** - feet shoulder width apart., heel of front foot even with toes of back foot.
3. **Neko Ashi dachi** - back foot turns about 75 degrees, 95% of weight on back foot, front foot resting on ball of foot, both knees slightly bent.
4.

|                        |                  |
|------------------------|------------------|
| Straight Forward Punch | tsuki            |
| Uppercut               | jodan tsuki      |
| Block                  | uke              |
| Low Block              | gedan uke        |
| Middle Block           | chudan uke       |
| Middle Open Hand Block | chudan shuto uke |
| Spear Hand             | nukite           |
| Upper Block            | jodan uke        |
| Knife Hand             | shuto            |
| Elbow Strike           | empi uchi        |
| Backfist               | uraken           |
| Palm Heel              | shote            |
| Cat Stance             | neko ashi dachi  |

Heiko dachi



Seisan dachi



Neko Ashi dachi

