



Kamae-Undo

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| SHIZENTAI | <i>Starting position:</i> Natural position with feet in parallel |
| REI | <i>Greeting:</i> Forward bow <i>Announcement:</i> Kamae-Undo |
| MIGI-KAMAE | Basic position with the right foot forward (and left foot to the rear) |
| SHOMEN-UCHI | Straight SHOMEN-UCHI strike to the front of your head and down: 3x slow exhales 3x fast exhales (still/pause after each cut) 3x SHOMEN-UCHI strikes with forward TSUGI-Ashi (sliding step) and 3x SHOMEN-UCHI strikes with rearward TSUGI-Ashi (sliding step) |
| HIDARI-KAMAE | Basic position with the left foot forward (and right foot to the rear) |
| SHOMEN-UCHI | Straight SHOMEN-UCHI strike to the front of your head and down: 3x slow exhales 3x fast exhales (still/pause after each cut) 3x SHOMEN-UCHI strikes with forward TSUGI-Ashi (sliding step) and 3x SHOMEN-UCHI strikes with rearward TSUGI-Ashi (sliding step) |
| TAI-SABAKI | 3x Irimi-Tenkan with Migi Kamae (facing to the rear), followed by Irimi-Tenkan with Hidari Kamae (facing to the front). 3x Irimi-Tenkan with Migi-Kamae (facing to the rear) and Shomen-Uchi (to your front), followed by Irimi-Tenkan with Hidari-Kamae (facing to the front) and Shomen-Uchi (to your front) |
| SHIZENTAI | Return to the natural position (starting position) (return your left foot by moving it back to the parallel position) |
| REI | <i>Greeting:</i> Forward bow |