

## Saifa

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From Yoi Shoulder width stance

With right arm out at 45 degrees and fist clenched step out right to attention stance facing 270 degrees from shrine and drawing your right hand back towards your body (see fig 1 below, step out from position 1 to position 2). Imagine that someone is holding your right wrist and that you are pulling yourself over to them.

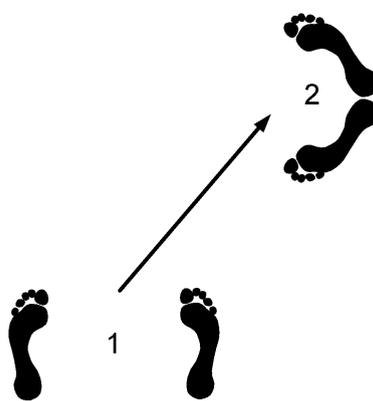


Fig 1

Note that

- your left hand is open with the palm resting on your right fist's knuckles (see fig 2)
- as you pull yourself over a small circle is drawn anti clockwise, imagine that you are stirring a pot with right fist clenched.
- Look straight ahead

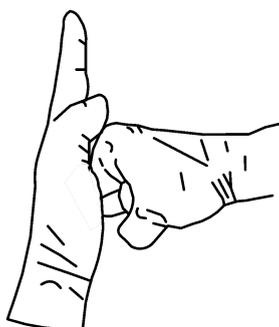


Fig 2

From this stance look right to the shrine and snap your hands to the left of your body rotating your right wrist anticlockwise to break an imaginary hold on your right wrist.

Slide left foot left out to lower stance 90 degrees still facing 270 degrees from shrine  
Execute left rotating palm block and snap out right back fist.

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Slide left foot from position 1 in fig 3 below to position 2 pivoting right foot then when left foot is in position slide right foot to position 2. As you move, repeat the first hand movements with your left fist clenched, "stirring the pot" clockwise.

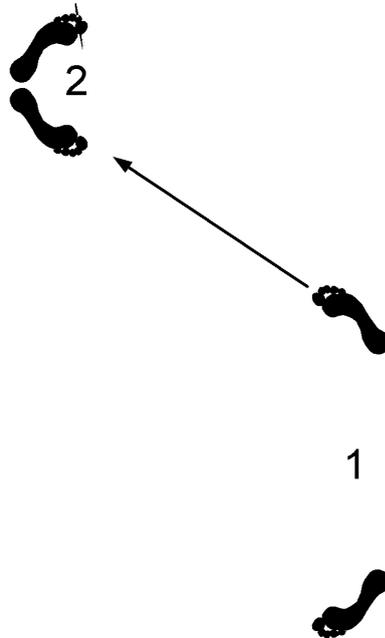


Fig 3

Slide your right foot back to lower stance and execute a right rotating palm block and left snap strike.

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Repeat the above sliding the right foot forward to where the left foot is pointing, turn and rise up to attention stance. Repeat the first hand movements with your right fist clenched, “stirring the pot” anticlockwise, sliding the left foot into lower stance and executing the left rotating palm block and right snap strike.

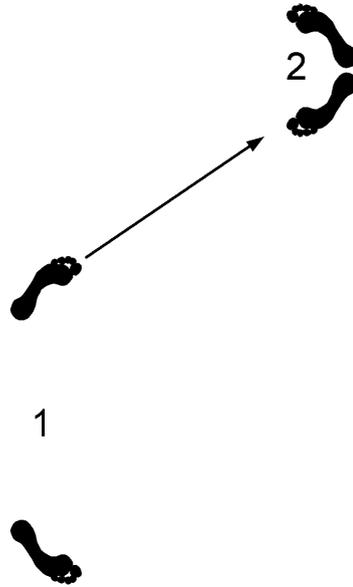


Fig 4

Keep right back fist out and left hand in front of chest (where rotating palm block finished).

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From lower stance (position 1 in fig 5 below) turn right and rise up to having your feet together facing the shrine (steps 1 to 3 in fig 5 below).

Slide your left foot out turning left hand palm up and right hand palm down looking to your right. Raise up right leg up with the foot flat (not pointing to the floor) ready for a front kick.

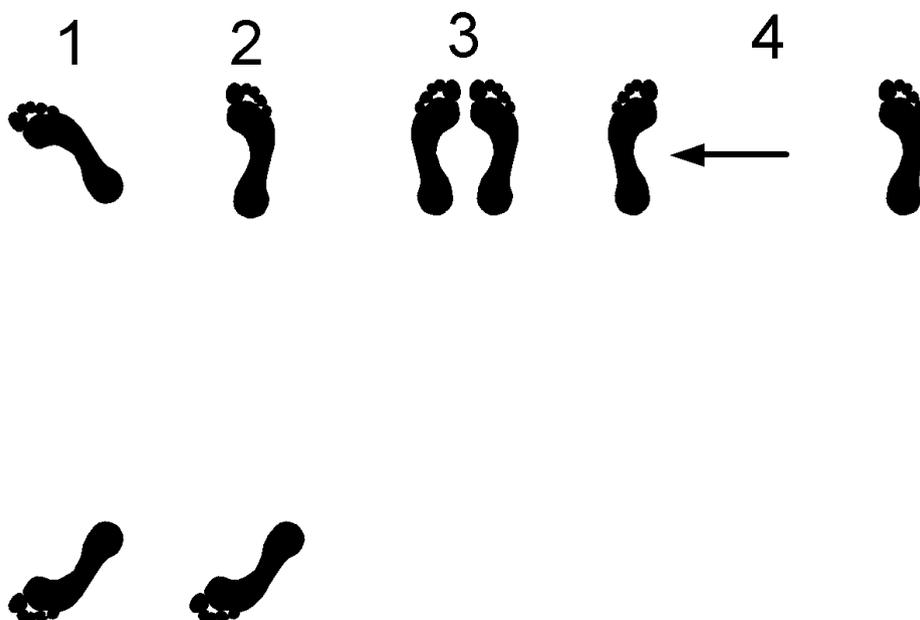


Fig 5

Execute right front kick and hold right leg up. Lower right leg and slide right foot to the right in lower stance. Turn right hand up and left hand down crossing them over in the middle. Raise left foot ready for a front kick.

Execute left front kick bringing foot back under knee. Lower left foot and slide it back into right deep lunging stance

Execute double hi-to crossing arms right over left, bring both hands back to ribs with knuckles of fists facing up and execute double punch to break collar bones.

Leave the right fist clenched (above the front leg), open left and circle both hands down until together at the bottom. At the same time bend forward so that upper body forms a straight line from back legs to head (a way to check this is if you put your right arm down straight your wrist should be just below your right knee)

Turn 180 degrees sliding your right foot to your stationary left foot, pivoting and sliding it back out into left deep lunging stance.



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Execute double hi-to crossing arms right over left, bring both hands back to ribs and execute double punch to break collar bones.

Leave left fist clenched (above the front leg), open right hand and circle both hands down until together at the bottom. At the same time bend forward so that upper body forms a straight line from back legs to head (a way to check this is if you put your left arm down straight your wrist should be just below your left knee).

Clench right fist and open left. Slide right (back) foot towards your stationary left front foot in a foot sweep motion and pivot 180 degrees to face shrine. Rise up as you turn “winding up: your right fist so you as you end in right short stance you execute a right tetsui brain smash.

Open your right hand and grab an imaginary head. Pull the head towards you and down and execute a left upper cut to the body.

Sweep left (back) foot towards right and turn 180 degrees into left short stance. While turning “wind up” your left arm to execute a left tetsui brain smasher.

Open your left hand and grab an imaginary head. Pull the head towards you and down and execute a right “rabbit punch” to the body.

With right hand out (and palm up) step forward into right short stance and roll right hand over and out into to an outer deflecting block (palm down).

Execute a left middle punch.

Turn right foot 90 degrees right, turn head right

Reach right hand around to right keeping the hand high, reach left hand keeping fist at waist height.

Turn body and bring right hand to chest.

Turn both hands so left hand is up and right is down.

Sink into cat stance

Bring hands down to norte.