



## **Naihanji Cho Dan**

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Begin in your ready stance facing 12:00.

1. Slide your left foot to your right foot (as if assuming an attention stance), and **bring your hands up** in front of your face, the palm of your left hand pressed against the back of your right, then, keeping your hands together, **bring them down** the front of your body so that your fingertips point toward the floor.

2. **Perform a left front crossover step** toward 3:00 and then step out with your right foot toward 3:00 into a horse stance (feet facing 12:00) **and execute a right back hand strike** (toward 3:00).

3) Twisting your torso to the right (and maintaining the same stance), **deliver a left inward elbow strike** into your open right hand. Immediately turn your attention to 12:00 **and bring your left forearm across the front of your body**, parallel to the floor, and chamber your right hand to your right hip.

4) Look to your left and, maintaining the same stance, **execute a left low block** toward 9:00, followed immediately by a **right half punch** (also toward 9:00).

5) **Perform a right front crossover step** toward 9:00 and then step out with your left foot toward 9:00 into a horse stance (feet facing 12:00) **and execute a right outward middle block** (toward 12:00).

6) **Deliver a left low punch** (toward 2:00) as you chamber your right hand near your left ear. Without hesitation, **execute a right low block** (toward 3:00) simultaneous **with a left high outward middle block** (toward 9:00). Immediately bring your left elbow down in front of your body and on top of the back of your right hand as you **deliver a left downward backfist strike** toward 12:00.

7) Lift your left foot to your right inner knee and, as you plant strongly back into the same horse stance (and keeping your left elbow on the back of your right hand), **execute a left extended outward middle block** toward 10:30. Without hesitation, lift your right foot to your left inner knee and, as you plant strongly back into the same horse stance (and keeping your left elbow on the back of your right hand), **execute a right inward middle block** toward 1:30.

8) Turn your attention to 12:00 and **bring your left forearm across the front of your body**, parallel to the floor, and chamber your right hand to your right hip. Turn your attention to your left as you simultaneously **deliver a left horizontal hammerfist strike with a right half punch** (both strikes aiming at 9:00).

9) Cross your left hand under your right and **execute a left back hand strike** (toward 9:00).

10) Twisting your torso to the left (and maintaining the same stance), **deliver a right inward elbow strike** into your open left hand. Immediately turn your attention to 12:00 **and bring your right forearm across the front of your body**, parallel to the floor, and chamber your left hand to your left hip.

11) Look to your right and, maintaining the same stance, **execute a right low block** toward 3:00, followed immediately by a **left half punch** (also toward 3:00).

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12) **Perform a left front crossover** step toward 3:00 and then step out with your right foot toward 3:00 into a horse stance (feet facing 12:00) **and execute a left outward middle block** (toward 12:00).

13) **Deliver a right low punch** (toward 10:00) as you chamber your left hand near your right ear. Without hesitation, **execute a left low block** (toward 9:00) simultaneous **with a right high outward middle block** (toward 3:00). Immediately bring your right elbow down in front of your body and on top of the back of your left hand as you **deliver a right downward backfist strike** toward 12:00.

14) Lift your right foot to your left inner knee and, as you plant strongly back into the same horse stance (and keeping your left elbow on the back of your right hand), **execute a right extended outward middle block** toward 1:30. Without hesitation, lift your left foot to your right inner knee and, as you plant strongly back into the same horse stance (and keeping your right elbow on the back of your left hand), **execute a left inward middle block** toward 10:30.

15) Turn your attention to 12:00 and **bring your right forearm across the front of your body**, parallel to the floor, and chamber your left hand to your left hip. Turn your attention to your right as you simultaneously **deliver a right horizontal hammerfist strike with a left half punch** (both strikes aiming at 3:00).

16) **Slide your right foot to your left foot** (as if assuming an attention stance), **bringing your hands up** in front of your face, the palm of your left hand pressed against the back of your right, then, keeping your hands together, **bring them down** the front of your body so that your fingertips point toward the floor.

Step toward 3:00 with the left foot and take up a ready stance facing 12:00.