

## Ni Juu Shichi No Kata

Left Hand Upper Block  
Right Hand Upper Block  
Left Hand Outside Center Block  
Right Hand Outside Center Block  
Left Hand Inside Center Block  
Right Hand Inside Center Block  
Left Hand Down Block  
Right Hand Down Block  
Left Hand Center Punch (Kiyai)  
Right Hand Center Punch (Kiyai)  
Fists to hip Right Side (LEFT HAND ON TOP)  
Fists to hip Left Side (Right HAND ON TOP)  
Left Hand Punch over shoulder (Look behind you)  
Right Hand Punch over shoulder (look behind you)  
Elbow Left  
Elbow Right  
Eye slash Left Hand  
Eye slash Right Hand  
Palm Heel Left Hand  
Palm Heel Right Hand  
Elbow to the Left with Left Arm  
Right hand out in front rotate hips to hit Left Elbow to Right Hand  
Elbow to the Right with the Right Arm  
Left hand out in front, rotate hips to hit Right Elbow to Left Hand  
Double Arm Elbow strike over Left Shoulder  
Double Arm Elbow Strike over Right Shoulder  
Both hand reach out straight in front and pull tsuki (fists to hips)