



Geki-Sai-Dai Applications

Attacker and Defender start in a Yoi position

1. **A: Step forward with left leg into Sanchin Dachi and punch the chin**
 D: Step back with right leg into Sanchin Dachi and block with Age Uke
2. **D: Step forward with right leg into Sanchin Dachi and punch the chin**
 A: Step back left leg into Sanchin Dachi and block with Age Uke
3. **A: Step forward with left leg into Shiko Dachi 45° and punch the second lowest rib**
 D: Step back with right leg into Shiko Dachi 45° and block with Gedan Barraï
- 4.-6. **A: Same as 1-3 with right leg**
 D: Same as 1-3 with left leg
7. **A: Step forward with left leg into Sanchin Dachi and punch the chest**
 D: Step back with right leg into Sanchin Dachi and block Chudan Uke
8. **A: Step forward with right leg into Sanchin Dachi and punch the chest**
 D: Step back with left leg into Sanchin Dachi and block Chudan Uke
9. **D: Mae Geri with left leg and step forward into Zenkutsu Dachi and Empi Uchi with left elbow**
 A: Step back with right leg and block left Teisho Uke low and middle
10. **D: Uraken with left hand**
 A: Koken Uke with left hand
 A: Reverse Punch to the chest with right hand
 D: Gedan Barraï with left hand
 D: Reverse Punch to the chest with right hand (Kiai)
 A: Soto Uke with left hand and turn in Shiko Dachi 45 °
11. **D: Ashi Barraï with the right back foot, step forward into Heiko Dachi sideways and strike reverse Shuto Uchi with right hand**
 A: Step back with the left front leg into Heiko Dachi sideways and block Ude Uke with right hand
12. **A: Step forward with left leg into Sanchin Dachi and punch chest**
 D: Step back with right leg into Sanchin Dachi and block Chudan Uke
- 13.-15. Same as 9-11 on the other side
16. **A: Step forward with right leg into Zenkutsu Dachi and punch chest**
 D: Move out the way to the left without block into Zenkutsu Dachi and double punch simultaneously
17. **A: Step with front foot a little to the right and Reverse Punch with left hand**
 D: With a leg change move to the right into Zenkutsu Dachi, block with Chudan Uke and double punch simultaneously
18. Step back into Yamae position