

NIJUSHIHO 24 Techniques, 34 Counts

TECHNIQUE	COUNT NUMBERS	STANCE	
1. Palm Draw	1	Kokutsu Dachi (Back stance)	WEEK 1 Moves 1 - 6
2. Reverse Punch	2	Kokutsu Dachi	
3. Rising Elbow	3	High Stance	
4. Circular Block	4, 32	Sanchin Dachi, (Hour Glass Stance)	
5. U-Punch	5, 33	Sanchin Dachi, Left and right	
6. Scissors Block	6	Ashi Dachi	
7. Double Outer Block	7	Zenkutsu Dachi (Forward Stance)	WEEK 2 Moves 7 - 15
8. Upper Block	8	Zenkutsu Dachi	
9. Rising Reverse Elbow	9	Zenkutsu Dachi	
10. Open Hand Fend	10, 13	Kiba Dachi, Left and right	
11. Side Kick	11, 14	Kiba Dachi, Left and right	
12. Reverse Punch	12, 15	Kiba Dachi, Left and right	
13. Wrist Curling Block/Palm Heel Strike	16	Zenkutsu Dachi	WEEK 3 Moves 16 - 21
14. Reverse Ridge Hand	17	Zenkutsu Dachi	
15. Palm Hit	18	Heisoku Dachi	
16. Tiger Mouth	19	Zenkutsu Dachi	
17. Lower U Punch	20	Zenkutsu Dachi	
18. Backhand Strike	21, 25, 28	Kokutsu Dachi, twice	
19. Upper Elbow	22, 29	Kiba Dachi, twice	WEEK 4 Moves 22 - 34
20. Gedan Punch	23, 30	Kiba Dachi, twice	
21. Lower Block	24, 31	Kiba Dachi, twice	
22. Elbow Strike	26	Kiba Dachi	
23. Lower Block	27	Kiba Dachi	
24. Circular Open Hand Block	34	Sanchin Dachi	