

002-12: Taikyoku Series

Translating as "First Cause", the Taikyoku series was introduced by Sensei Yamaguchi when goju was brought to schools in Japan, and is borrowed from the Shotokan syllabus.

- [002-1201: Taikyoku Jodan](#)
- [002-1202: Taikyoku Chudan](#)
- [002-1203: Taikyoku Gedan](#)
- [002-1204: Taikyoku Kake](#)
- [002-1205: Taikyoku Mawashi](#)

002-1201: Taikyoku Jodan

Summary

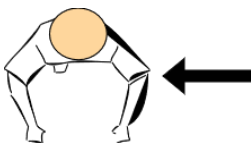
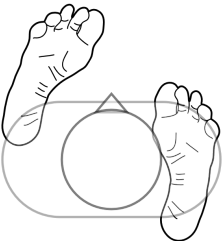
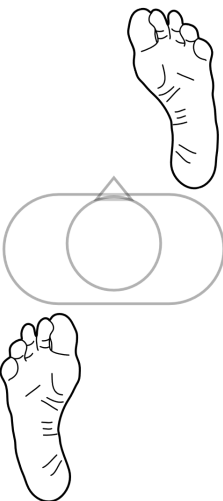
The first of the taikyoku series, this leads well on from 4 way pattern block-step-punch.

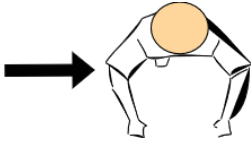
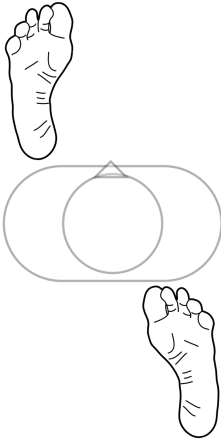
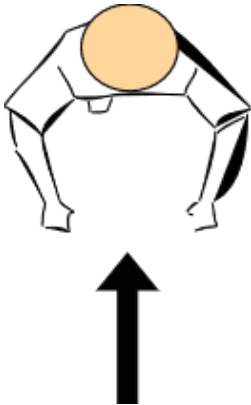
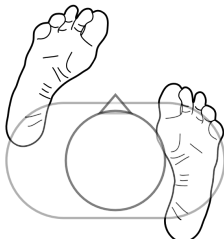
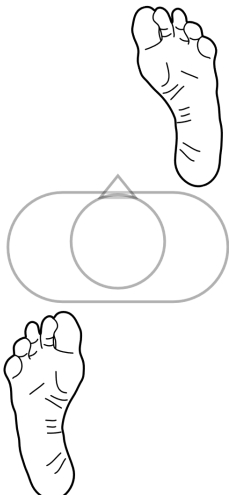
Type	Pattern
Sub-Type	Kata
Introduced at	9th Kyu

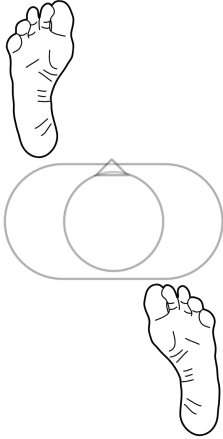
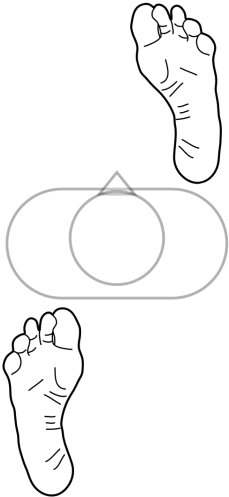
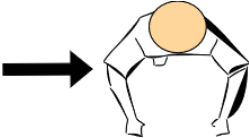
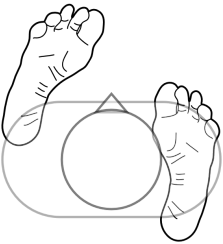
Video

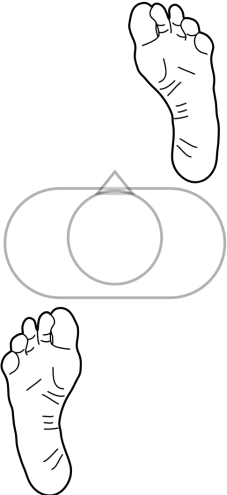
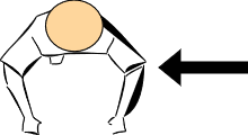
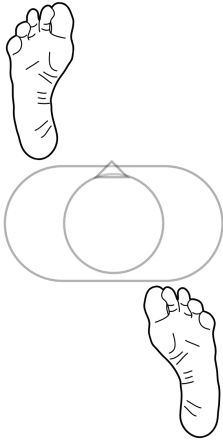
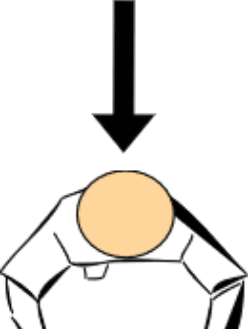
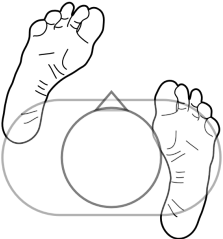
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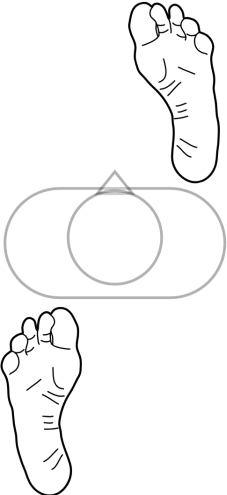
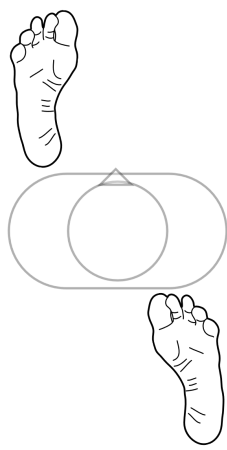
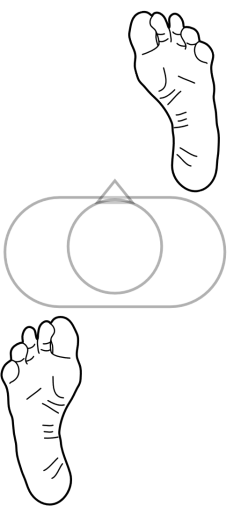
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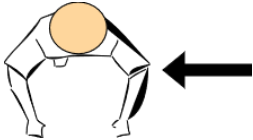
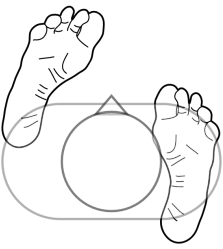
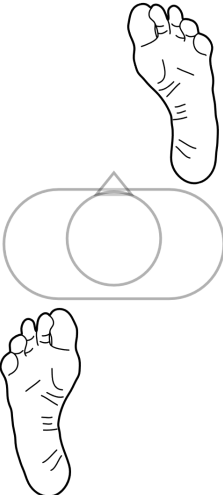
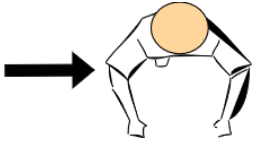
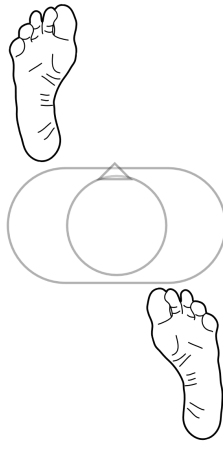
	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from yoi L Upper Block¹	1 - Moving arm up to expose armpit
2		 R Deep Lunging Stance	Eyes: 12 O'Clock R Upper Punch¹	1 - L auxillary area (Under armpit)

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Upper Block¹	1 - Moving arm up to expose armpit
2		 L Deep Lunging Stance	Eyes: 12 O'Clock L Upper Punch¹	1 - R auxillary area (Under armpit)
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Upper Block¹	1 - Moving arm up & offline
2		 R Deep Lunging Stance	Eyes: 12 O'Clock R Upper Punch¹	1 - Under the chin (Point 9/10)

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
3	 L Deep Lunging Stance	Eyes: 12 O'Clock L Upper Punch¹	1 - Under the chin (Point 9/10)	
4	 R Deep Lunging Stance	Eyes: 12 O'Clock R Upper Punch¹ Ki-Ai on 1	1 - Under the chin (Point 9/10)	
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count, back-foot goes around from Deep Lunging L Upper Block¹	1 - Moving arm up to expose armpit

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
2	 R Deep Lunging Stance	Eyes: 12 O'Clock R Upper Punch¹	1 - R auxillary area (Under armpit)	
1		 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Upper Block¹	1 - Moving arm up to expose armpit
2		 L Deep Lunging Stance	Eyes: 12 O'Clock L Upper Punch¹	1 - R auxillary area (Under armpit)
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter- clockwise from previous count, back- foot goes around from Deep Lunging L Upper Block¹	1 - Receiving a strike from previous stance, moving arm up and behind the body into a lock

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
2	 R Deep Lunging Stance	Eyes: 12 O’Clock R Upper Punch¹	1 - Striking the thoracic vertebrae upwards.	
3	 L Deep Lunging Stance	Eyes: 12 O’Clock L Upper Punch	1 - Striking the thoracic vertebrae upwards.	
4	 R Deep Lunging Stance	Eyes: 12 O’Clock R Upper Punch¹ Ki-Ai on 1	1 - Striking the thoracic vertebrae upwards.	

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Upper Block¹	1 - Moving arm up to expose armpit
2		 R Deep Lunging Stance	Eyes: 12 O'Clock R Upper Punch¹	1 - R auxillary area (Under armpit)
1		 L Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Upper Block¹	1 - Moving arm up to expose armpit
2		 R Deep Lunging Stance	Eyes: 12 O'Clock L Upper Punch¹	1 - R auxillary area (Under armpit)

002-1202: Taikyoku Chudan

Summary

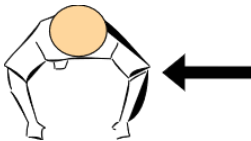
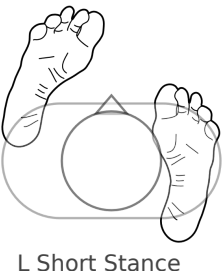
The second of the Taikyoku series, this introduces Chudan Uke in a more practical sense & some of the traps that can be utilised with it.

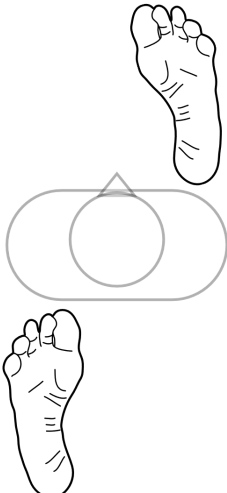
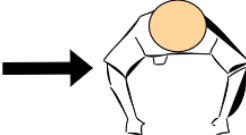
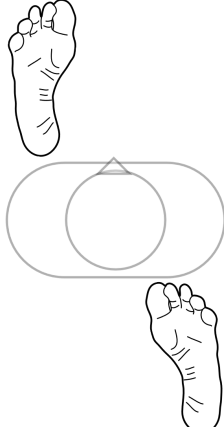
Type	Pattern
Sub-Type	Kata
Introduced at	8th Kyu

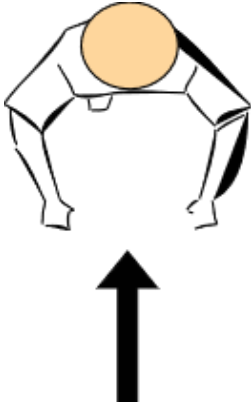
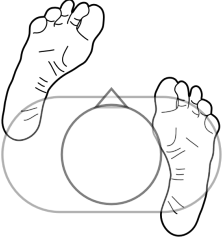
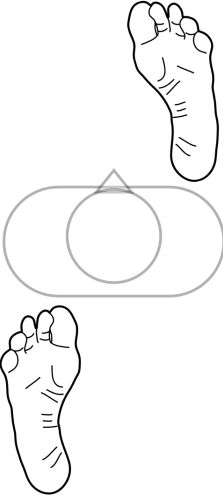
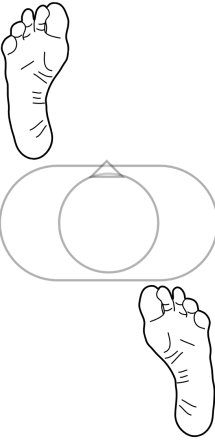
Video

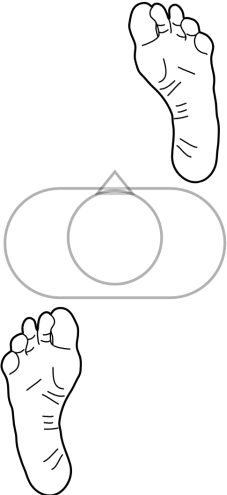
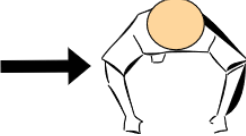
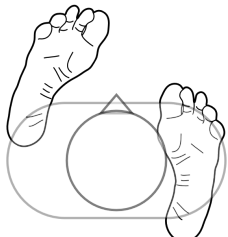
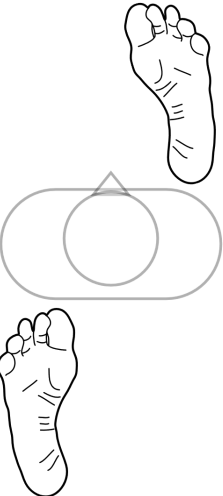
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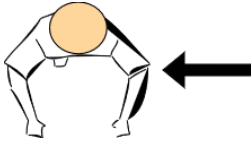
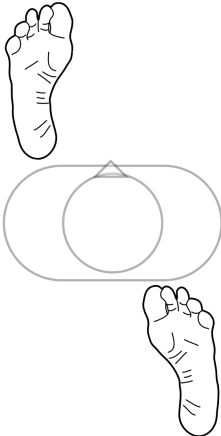
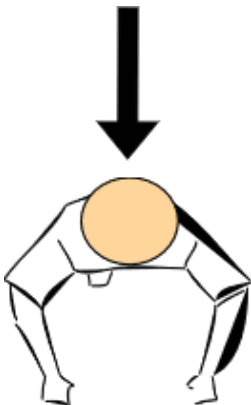
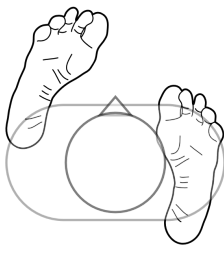
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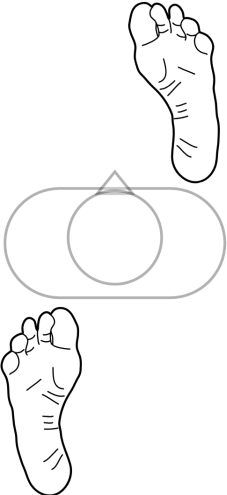
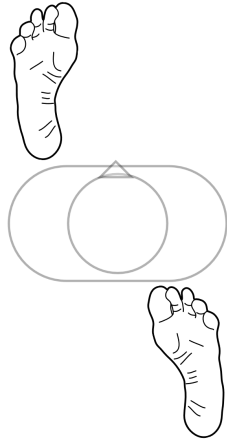
	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from yoi L Middle Block¹	1 - Moving arm across to expose ribs

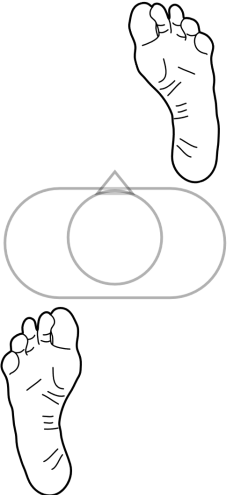
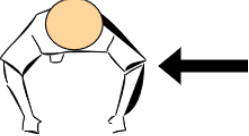
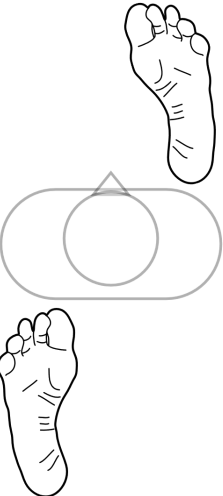
	Enbu-sen	Stance	Technique	Vital Points / Bunkai	
2	 R Deep Lunging Stance	Eyes: 12 O'Clock R Middle Punch¹	1 - L kidneys		
1	 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Middle Block¹	1 - Moving arm across to expose ribs		
2		 L Deep Lunging Stance	Eyes: 12 O'Clock L Middle Punch¹	1 - R kidneys	

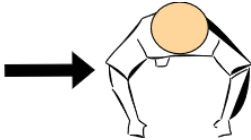
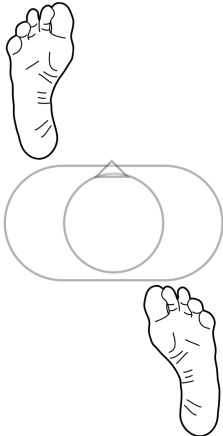
	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 L Short Stance	Eyes: 12 O’Clock Rotating counter-clockwise from previous count L Middle Block¹	1 - Moving arm across to expose chest
2		 R Deep Lunging Stance	Eyes: 12 O’Clock R Middle Punch¹	1 - Xiphoid process
3		 L Deep Lunging Stance	Eyes: 12 O’Clock L Middle Punch¹	1 - Xiphoid process

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
4	 R Deep Lunging Stance	Eyes: 12 O'Clock R Middle Punch¹ Ki-Ai on 1	1 - Xiphoid process	
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count, back-foot goes around from Deep Lunging L Middle Block¹	1 - Moving arm across to expose ribs
2		 R Deep Lunging Stance	Eyes: 12 O'Clock R Middle Punch¹	1 - R kidneys

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Middle Block¹	1 - Moving arm across to expose ribs
2		 L Deep Lunging Stance	Eyes: 12 O'Clock L Middle Punch¹	1 - L kidneys
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count, back-foot goes around from Deep Lunging L Middle Block¹	1 - Receiving a strike from previous stance, moving arm over and behind the body into a lock

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
2	 R Deep Lunging Stance	Eyes: 12 O'Clock R Middle Punch¹	1 - Tailbone	
3	 L Deep Lunging Stance	Eyes: 12 O'Clock L Middle Punch¹	1 - Tailbone	

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
4	 R Deep Lunging Stance	Eyes: 12 O'Clock R Middle Punch¹ Ki-Ai on 1	1 - Tailbone	
1	 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Middle Block¹	1 - Moving arm across to expose ribs	
2	 R Deep Lunging Stance	Eyes: 12 O'Clock R Middle Punch¹	1 - L kidneys	

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Middle Block¹	1 - Moving arm across to expose ribs
2		 L Deep Lunging Stance	Eyes: 12 O'Clock L Middle Punch¹	1 - R kidneys

002-1203: Taikyoku Gedan

Summary

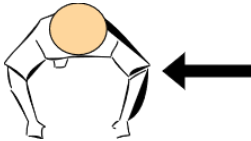
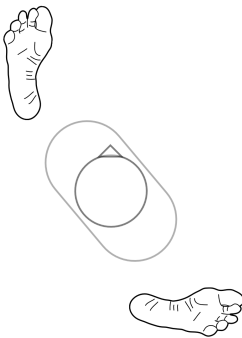
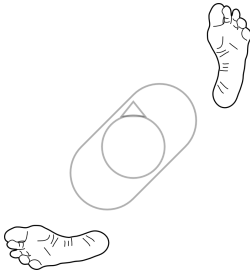
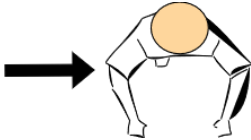
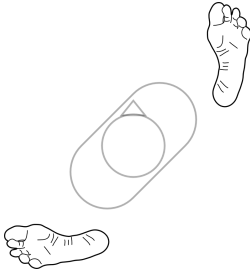
This kata is designed to aide with moving with our center of gravity low, as it is performed entirely in lower stance.

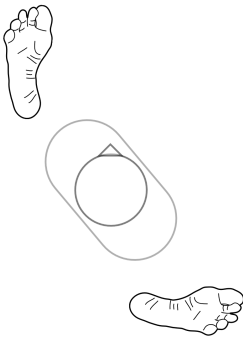
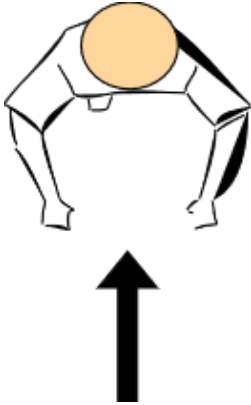
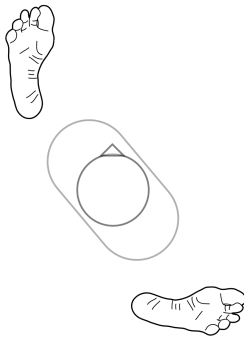
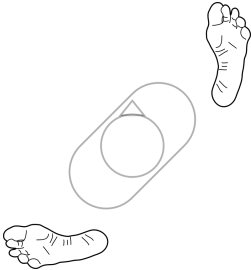
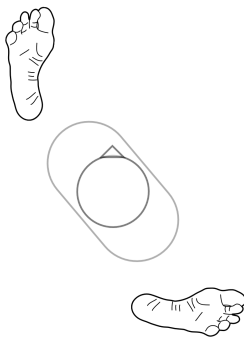
Type	Pattern
Sub-Type	Kata
Introduced at	7th Kyu

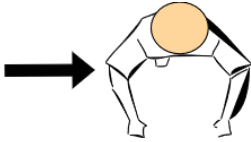
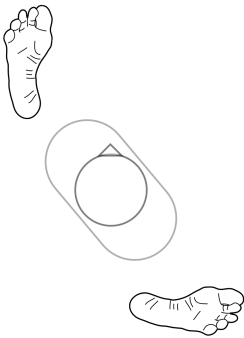
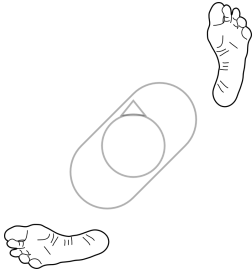
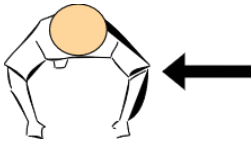
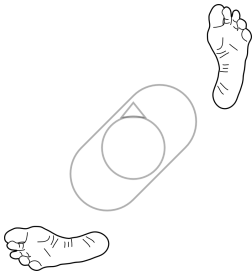
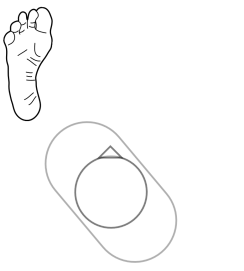
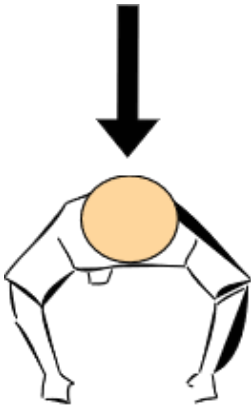
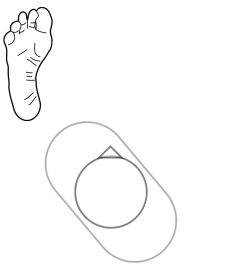
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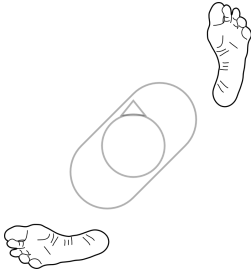
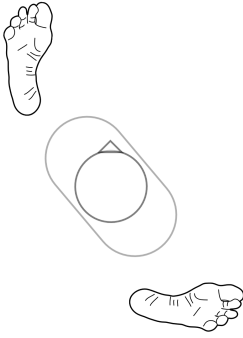
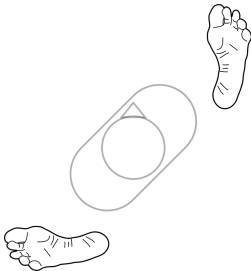
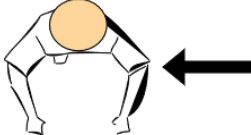
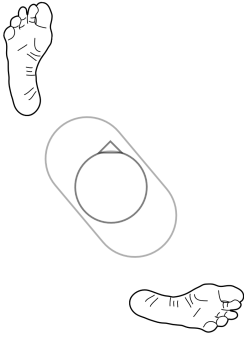
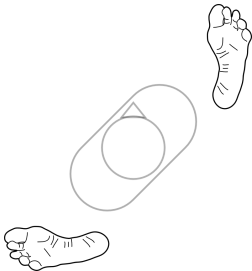
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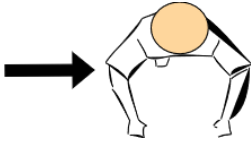
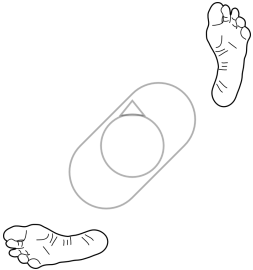
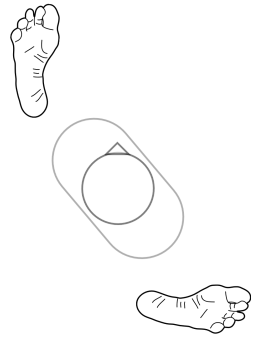
Pattern

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 L 45° Lower Stance	Eyes: 12 O’Clock From yoi, right foot goes out on the diagonal. Find deep lunging, then rotate back knee into lower stance. L Lower Block¹	1 - Moving arm across the body, exposing kidneys
2		 R 45° Lower Stance	Eyes: 12 O’Clock From prev. count, back foot comes all the way in and steps out with the same deep lunging movement (crescent walk.) R Lower Punch¹	1 - R Kidneys / Ribs
1		 R 45° Lower Stance	Eyes: 12 O’Clock From prev. count, front foot moves directly behind and body rotates to new stance. R Lower Block¹	1 - Moving arm across the body, exposing kidneys

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
2	 L 45° Lower Stance	Eyes: 12 O'Clock From prev. count, crescent walk. L Lower Punch¹	1 - L Kidneys / Ribs	
1		 L 45° Lower Stance	Eyes: 12 O'Clock From prev. count, front foot moves in and steps back to find the new stance. L Lower Block¹	1 - Moving arm to outside of body, exposing groin
2		 R 45° Lower Stance	Eyes: 12 O'Clock From prev. count, crescent walk. R Lower Punch¹	1 - Groin
3		 L 45° Lower Stance	Eyes: 12 O'Clock From prev. count, crescent walk. L Lower Punch¹	1 - Groin
4		 R 45° Lower Stance	Eyes: 12 O'Clock From prev. count, crescent walk. R Lower Punch¹ Ki-ai on 1	1 - Groin

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 L 45° Lower Stance	Eyes: 12 O'Clock From prev. count, back foot moves directly behind and body rotates to new stance. L Lower Block¹	1 - Moving arm across the body, exposing kidneys
2		 R 45° Lower Stance	Eyes: 12 O'Clock From prev. count, crescent walk. R Lower Punch¹	1 - L Kidneys
1		 R 45° Lower Stance	Eyes: 12 O'Clock From prev. count, front foot moves directly behind and body rotates to new stance. R Lower Block¹	1 - Moving arm across the body, exposing kidneys
2		 L 45° Lower Stance	Eyes: 12 O'Clock From prev. count, crescent walk. L Lower Punch¹	1 - R Kidneys
1		 L 45° Lower Stance	Eyes: 12 O'Clock From prev. count, front foot moves in and steps back to find the new stance. L Lower Block¹	1 - Gedan barai at tailbone

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
2	 R 45° Lower Stance	Eyes: 12 O’Clock From prev. count, crescent walk. R Lower Punch¹	1 - Tailbone	
3	 L 45° Lower Stance	Eyes: 12 O’Clock From prev. count, crescent walk. L Lower Punch¹	1 - Tailbone	
4	 R 45° Lower Stance	Eyes: 12 O’Clock From prev. count, crescent walk. R Lower Punch¹ Ki-ai on 1	1 - Tailbone	
1		 L 45° Lower Stance	Eyes: 12 O’Clock From prev. count, back foot moves directly behind and body rotates to new stance. L Lower Block¹	1 - Moving arm across the body, exposing kidneys
2		 R 45° Lower Stance	Eyes: 12 O’Clock From prev. count, crescent walk. R Lower Punch¹	1 - Kidneys

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R 45° Lower Stance	Eyes: 12 O'Clock From prev. count, front foot moves directly behind and body rotates to new stance. R Lower Block¹	1 - Moving arm across the body, exposing kidneys
2		 L 45° Lower Stance	Eyes: 12 O'Clock From prev. count, crescent walk. L Lower Punch¹	1 - L Kidneys / Ribs

002-1204: Taikyoku Kake

Summary

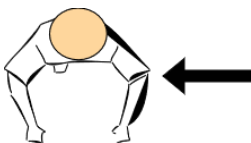
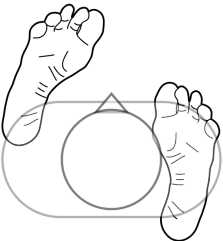
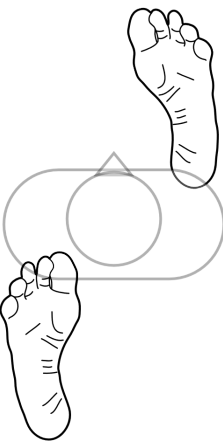
This kata introduces moving into a stance and landing safely while kicking.

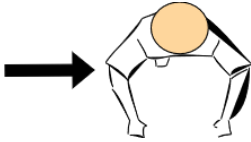
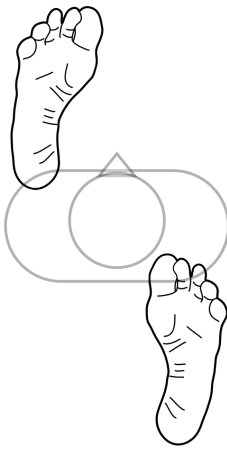
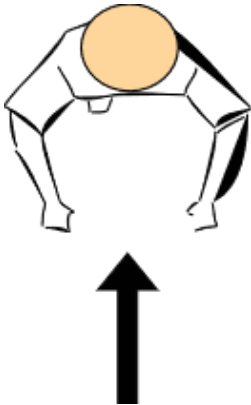
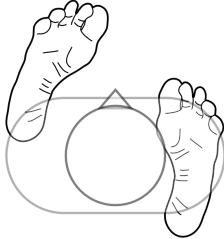
Type	Pattern
Sub-Type	Kata
Introduced at	7th Kyu

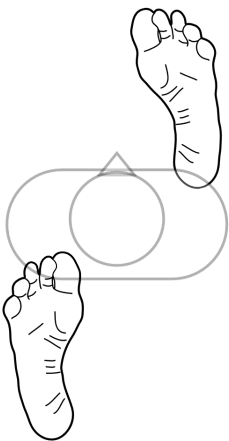
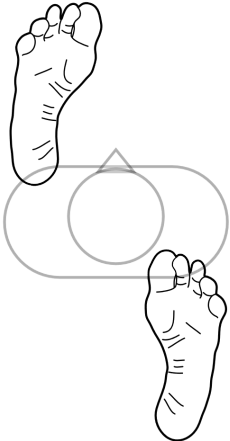
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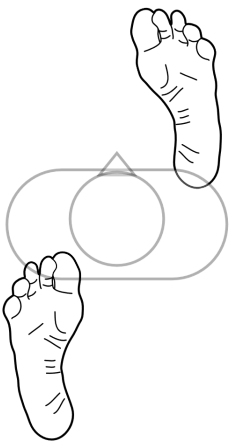
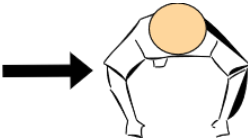
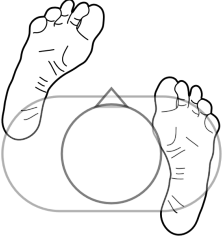
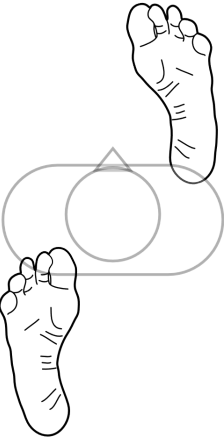
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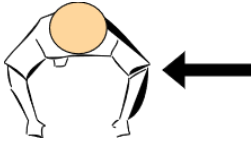
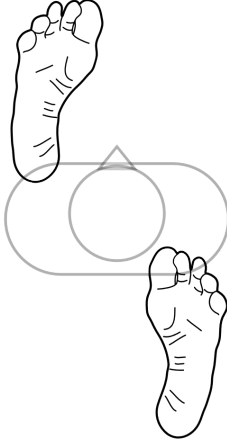
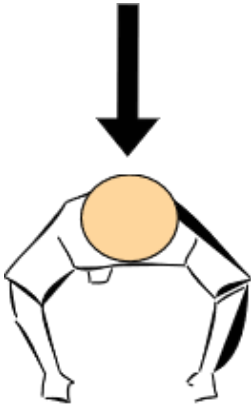
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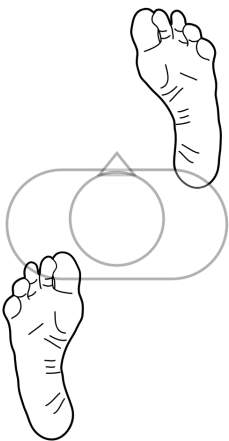
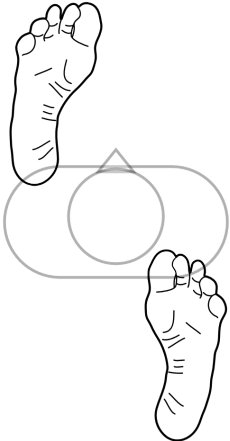
	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from yoi L Kakae Uke¹	1 - Parrying to the right side of the body
2		 R 3qtr Stance	Eyes: 12 O'Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)

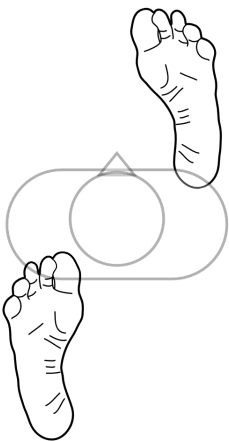
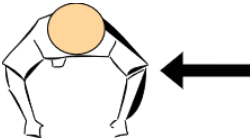
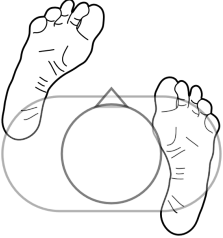
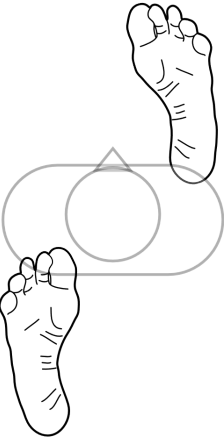
	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Kakae Uke¹	1 - Parrying to the left side of the body
2		 L 3qtr Stance	Eyes: 12 O'Clock L Front Kick¹, land forward into 3qtr stance L Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Kakae Uke¹	1 - Parrying inside of strike, moving outside opening chest.

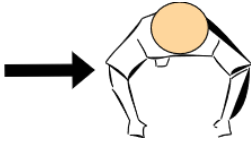
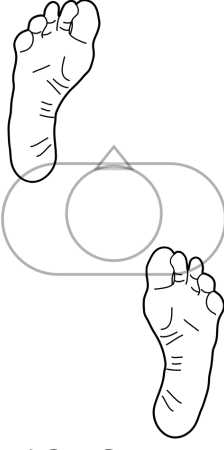
	Enbu-sen	Stance	Technique	Vital Points / Bunkai
2	 R 3qtr Stance	Eyes: 12 O'Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike²	1 - Striking at hips to buckle body over 2 - Striking under the chin	
3	 L 3qtr Stance	Eyes: 12 O'Clock L Front Kick¹, land forward into 3qtr stance L Elbow Strike²	1 - Striking at hips to buckle body over 2 - Striking under the chin	

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
4	 R 3qtr Stance	Eyes: 12 O'Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike² Ki-ai on 2	1 - Striking at hips to buckle body over 2 - Striking under the chin	
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count, back-foot goes around from 3qtr stance L Kakae Uke¹	1 - Parrying to the left side of the body
2		 R 3qtr Stance	Eyes: 12 O'Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Kakae Uke¹	1 - Parrying to the left side of the body
2		 L 3qtr Stance	Eyes: 12 O'Clock L Front Kick¹, land forward into 3qtr stance L Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Kakae Uke¹	1 - Hooking to grab the neck

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
2	 R 3qtr Stance	Eyes: 12 O’Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike²	1 - Kicking behind hips to disrupt balance 2 - Elbow strike to push forward	
3	 L 3qtr Stance	Eyes: 12 O’Clock L Front Kick¹, land forward into 3qtr stance L Elbow Strike²	1 - Kicking behind hips to disrupt balance 2 - Elbow strike to push forward	

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
4	 R 3qtr Stance	Eyes: 12 O'Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike² Ki-ai on 2	1 - Kicking behind hips to disrupt balance 2 - Elbow strike to push forward	
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Kakae Uke¹	1 - Parrying to the right side of the body
2		 R 3qtr Stance	Eyes: 12 O'Clock R Front Kick¹, land forward into 3qtr stance R Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R Short Stance	Eyes: 12 O’Clock Rotating counter-clockwise from previous count R Kakae Uke¹	1 - Parrying to the left side of the body
2		 L 3qtr Stance	Eyes: 12 O’Clock L Front Kick¹, land forward into 3qtr stance L Elbow Strike²	1 - Striking at hips to buckle body over 2 - Contacting ribs / auxillary area (under armpit)

002-1205: Taikyoku Mawashi

Summary

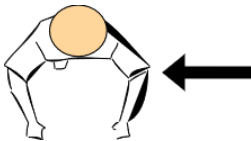
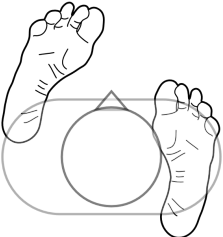
The last of the taikyoku series, this introduces the common combination through the later kata (elbow, backfist, lower block, punch) & moving from high stances to low smoothly

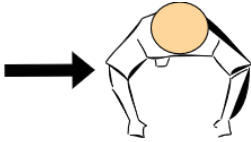
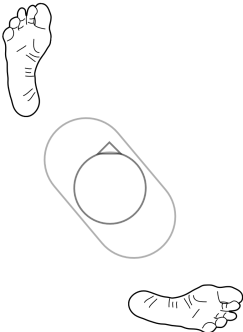
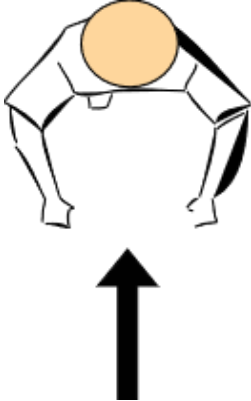
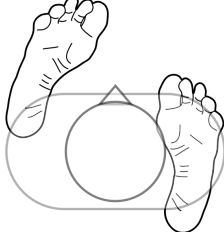
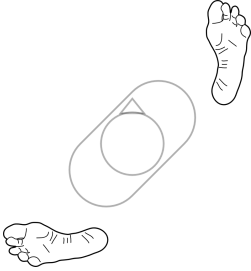
Type	Pattern
Sub-Type	Kata
Introduced at	6th Kyu

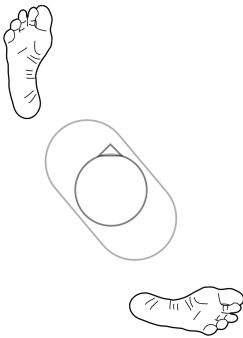
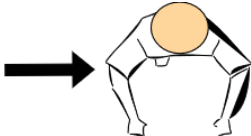
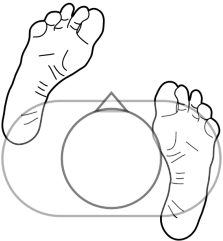
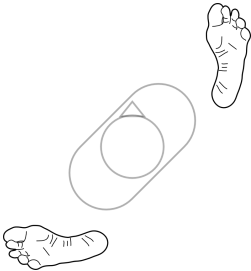
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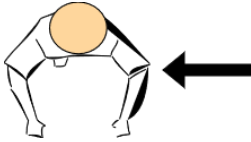
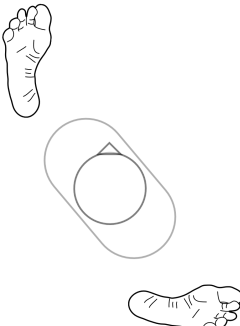
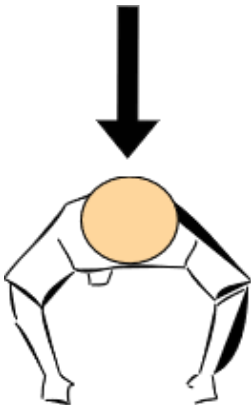
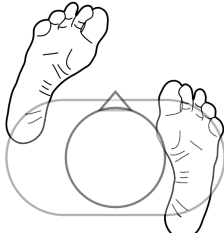
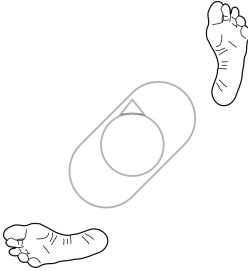
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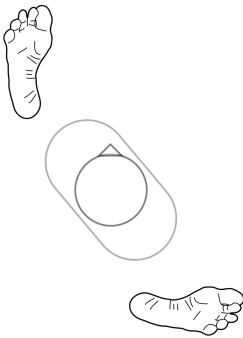
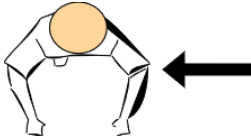
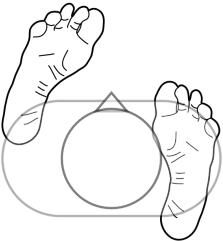
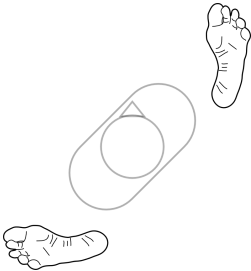
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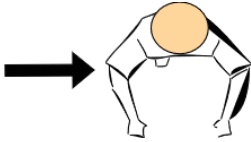
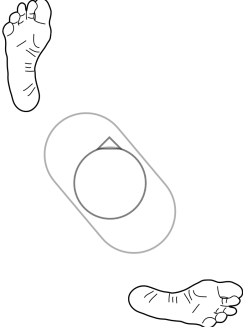
	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from yoi L Mawashi Uke¹	1 - Receiving a middle strike, utilise the push trap motion of Mawashi to turn into a arm lock on the right of the person's body.
2		 R 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous R Roundhouse Elbow Strike¹, R Backfist², R Lower Block³, L Reverse Lower Punch⁴	1 - From previous count's arm lock, round elbow strike to the back of the head 2 - Backfist to ear 3 - Pushing behind the shoulders to disrupt balance for a throw 4 - Final strike.

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Mawashi Uke	1 - Receiving a middle strike, utilise the push trap motion of Mawashi to turn into a arm lock on the left of the person's body.
2		 L 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous L Roundhouse Elbow Strike¹, L Backfist², L Lower Block³, R Reverse Lower Punch⁴	1 - From previous count's arm lock, round elbow strike to the back of the head 2 - Backfist to ear 3 - Pushing behind the shoulders to disrupt balance for a throw 4 - Final strike.
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Mawashi Uke	
2		 R 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous R Roundhouse Elbow Strike¹, R Backfist², R Lower Block³, L Reverse Lower Punch⁴	

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
3	 L 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous L Roundhouse Elbow Strike¹, L Backfist², L Lower Block³, R Reverse Lower Punch⁴		
4	 R 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous R Roundhouse Elbow Strike¹, R Backfist², R Lower Block³, L Reverse Lower Punch⁴ Ki-ai on 4		
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count, back-foot goes around from lower stance L Mawashi Uke	1 - Receiving a middle strike, utilise the push trap motion of Mawashi to turn into a arm lock on the left of the person's body.
2		 R 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous R Roundhouse Elbow Strike¹, R Backfist², R Lower Block³, L Reverse Lower Punch⁴	1 - From previous count's arm lock, round elbow strike to the back of the head 2 - Backfist to ear 3 - Pushing behind the shoulders to disrupt balance for a throw 4 - Final strike.

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Mawashi Uke	1 - Receiving a middle strike, utilise the push trap motion of Mawashi to turn into a arm lock on the right of the person's body.
2		 L 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous L Roundhouse Elbow Strike¹, L Backfist², L Lower Block³, R Reverse Lower Punch⁴	1 - From previous count's arm lock, round elbow strike to the back of the head 2 - Backfist to ear 3 - Pushing behind the shoulders to disrupt balance for a throw 4 - Final strike.
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count L Mawashi Uke	
2		 R 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous R Roundhouse Elbow Strike¹, R Backfist², R Lower Block³, L Reverse Lower Punch⁴	

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
3	 L 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous L Roundhouse Elbow Strike¹, L Backfist², L Lower Block³, R Reverse Lower Punch⁴		
4	 R 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous R Roundhouse Elbow Strike¹, R Backfist², R Lower Block³, L Reverse Lower Punch⁴ Ki-ai on 4		
1		 L Short Stance	Eyes: 12 O'Clock Rotating counter-clockwise from previous count, back-foot goes around from lower stance L Mawashi Uke	1 - Receiving a middle strike, utilise the push trap motion of Mawashi to turn into a arm lock on the right of the person's body.
2		 R 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous R Roundhouse Elbow Strike¹, R Backfist², R Lower Block³, L Reverse Lower Punch⁴	1 - From previous count's arm lock, round elbow strike to the back of the head 2 - Backfist to ear 3 - Pushing behind the shoulders to disrupt balance for a throw 4 - Final strike.

	Enbu-sen	Stance	Technique	Vital Points / Bunkai
1		 R Short Stance	Eyes: 12 O'Clock Rotating clockwise from previous count R Mawashi Uke	1 - Receiving a middle strike, utilise the push trap motion of Mawashi to turn into a arm lock on the left of the person's body.
2		 L 45° Lower Stance	Eyes: 12 O'Clock Stepping forward from previous L Roundhouse Elbow Strike¹, L Backfist², L Lower Block³, R Reverse Lower Punch⁴	1 - From previous count's arm lock, round elbow strike to the back of the head 2 - Backfist to ear 3 - Pushing behind the shoulders to disrupt balance for a throw 4 - Final strike.