

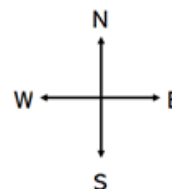


National Karate Academy of Martial Arts - MN

Genesis

“The Beginning”

Direction	Move(s)	Stance(s)
N	Chunbi	
W	Sudo , Punch	L-BS, L-FS
W	Sudo, Punch	R-BS, R-FS
W	Sudo, Punch	L-BS, L-FS



E	<i>Turn Sudo, Punch</i>	R-BS, R-FS
E	Sudo, Punch	L-BS, L-FS
E	Sudo, Punch	R-BS, R-FS

N	Sudo, Double Punch	L-BS, L-FS
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N	Lunge Punch	R-FS
N	Lunge Punch	L-FS
N	Double Punch	R-FS

W	Sudo, Punch	L-BS, L-FS
W	Sudo, Punch	R-BS, R-FS
W	Sudo, Punch	L-BS, L-FS

E	<i>Turn Sudo, Punch</i>	R-BS, R-FS
E	Sudo, Punch	L-BS, L-FS
E	Sudo, Punch	R-BS, R-FS

N	Sudo, Double Punch	L-BS, L-FS
N	Chunbi	

Key:

- Direction Compass:
'N' means face the front

- **Bold Moves** = Yell

- Stance Abbreviations:

L/R = Left or Right

BS = Back Stance

FS = Front Stance