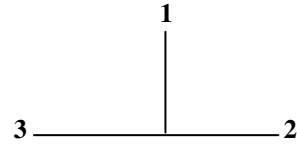


Form Genesis - "The Beginning"

1. Chunbi facing 1.
2. Left Sudo block toward 3, LOUD YELL!
3. Shift Punch
4. Right Sudo block toward 3.
5. Shift Punch
6. Left Sudo block toward 3.
7. Shift Punch
8. Turn toward 2 with a right Sudo block.
9. Shift Punch
10. Left Sudo block toward 2.
11. Shift Punch
12. Right Sudo block toward 2.
13. Shift Punch
14. Turn or step toward 1 with a left Sudo block.
15. Shift double punch LOUD YELL!



-
16. Step forward into a right front stance toward 1 and do a right lunge punch.
 17. Step forward into a left front stance toward 1 and do a left lunge punch.
 18. Step forwards into a right front stance toward 1 and do a double punch LOUD YELL!
 19. Left Sudo block toward 3.
 20. Shift Punch
 21. Right Sudo block toward 3.
 22. Shift Punch
 23. Left Sudo block toward 3.
 24. Shift Punch
 25. Turn toward 2 with a right Sudo block.
 26. Shift Punch
 27. Left Sudo block toward 2.
 28. Shift Punch
 29. Right Sudo block toward 2.
 30. Shift Punch
 31. Turn or step toward 1 with a left Sudo block.
 32. Shift double punch LOUD YELL!
 33. Left foot steps backward to Goman.

Tips For Good Form

Every move needs to be done with A LOT of intensity.

Bend both knees in back stances. (60% of your weight is on your back leg)

Point both feet straight-ahead in front stances. (Front knee bent)

The hand that is not punching should be pulled up tight against your side.