



Oyata Te Foundationals

09-03-2019

Renshu Daiichi

Level 1 Natural	Level 2 2 Corner Drill	Level 3 4 Corner Drill	Level 4 Wagon Wheel
--------------------	---------------------------	---------------------------	------------------------

Action	Hand	Target
Attention – Bow - Ready		
10 Single Forearm Strikes - (Left/Right)	45 °	Brachial Plexus
10 Single Forearm Strikes - (Left/Right)	Vertical	Brachial Plexus
10 Double Forearm Strikes - (Left/Right)	45 °	Brachial Plexus
10 Double Forearm Strikes - (Left/Right)	Vertical	Brachial Plexus
10 Rising Forearm Strikes - (Left/Right)	45 °	Neck
10 High Outside Forearm Strikes - (Left/Right)	Vertical	Cheek Bone
10 Cross Punch Combinations - (Left/Right)	45 °	Body Match
10 Cross Punch Combinations - (Left/Right)	Vertical	Body Match
10 Left Single Forearm Strike w/Middle Punches	45 °	BP, BP
10 Right Single Forearm Strike w/Middle Punches	45°	BP, , BP
10 Left Single Forearm Strike w/Back fist followed by Middle Punch	45 °	BP, Cheek, BP
10 Right Single Forearm Strike w/Back fist followed by Middle Punch	45°	BP, Cheek, BP
10 Low/High-High/Low Punches	45 °	BP, Leg Root
1 Middle-Low-High Punch	45°	BP, Cheek,
9 High-Middle-Low/Low-Middle-High Punches	45°	Leg Root
10 Two Low - Two High Cross Punches	45 °	BP, Leg Root

Ready – Attention – Bow