

# Shii-Cho

## Section 1

Feet	Strike
Left	0
Right	6
Left	5
Right	4
Left	3
Right	1
Left	2
Right	1
Left	10
Feet Together	0

## Section 2

Feet	Strike
Right	0
Right-forward	Pitch Right
Left	Pitch Left
Left (recall)	2
Attack Pose	
Left	1
Right	6
Left	5
Feet Together	Neutral
Neutral Stance	

## Section 3

Feet	Strike
Right	1
Left	5
Right	3
Right (recall - 6 parry)	
Right (stay)	10
Right (stay)	Pitch Left
Right (skip)	6
Left	2
Feet Together	1
Neutral Stance	