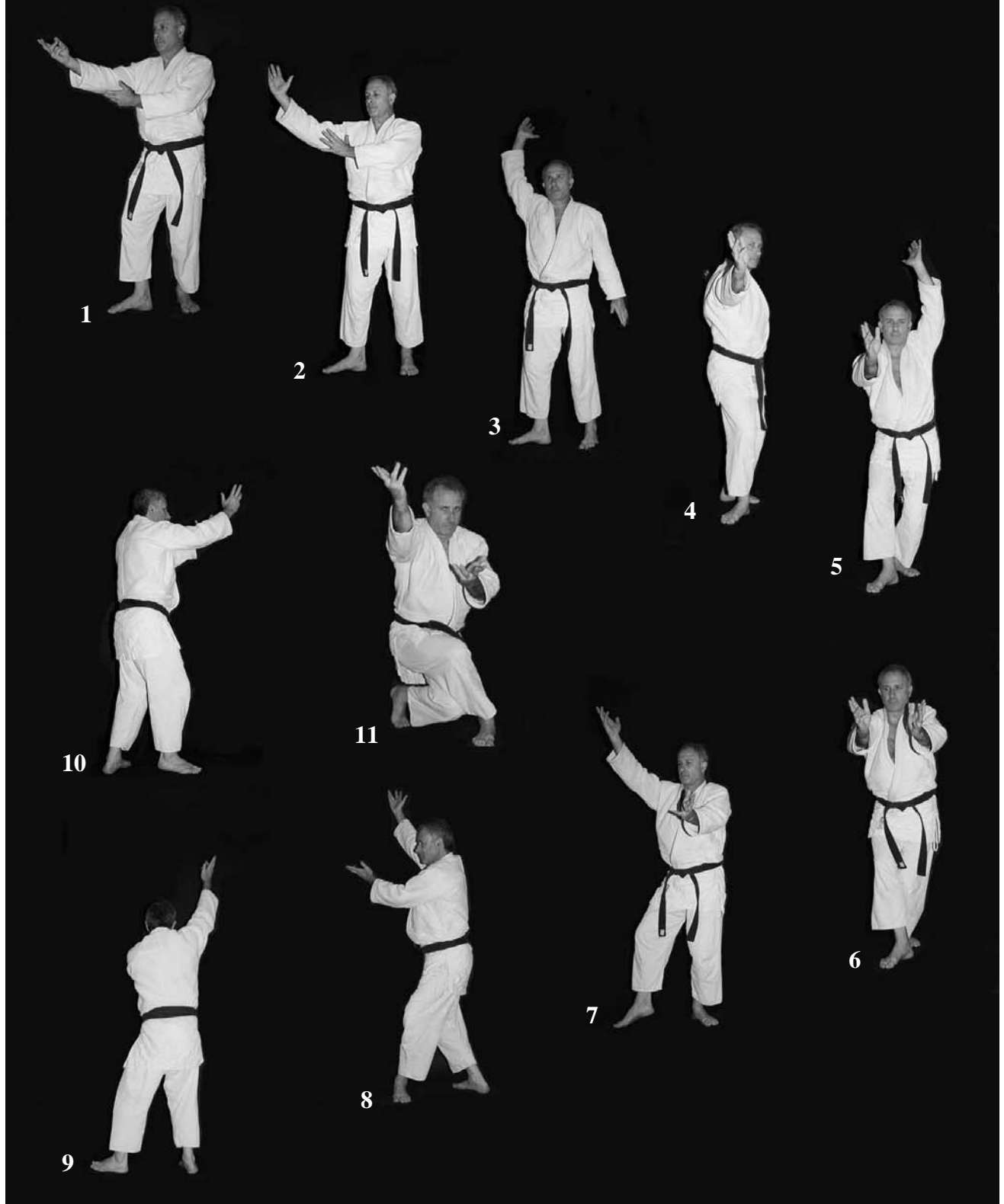


# Iso Gaeshi



1,2,3,4. Begin with *migi hanmi*. Pull your right arm toward your ear and continue with a diagonal like cut like movement  $90^\circ$  toward your left side (front view of the picture) while at the same time, using your right foot as an axis, pull your left foot behind the right one, and your left hand backward in one line  $180^\circ$  with your right hand.

5,6. Continue the movement of your left hand in a circle up and down to a parallel position of your right hand at about chest level while twisting the left side of your hip to be at the same line with your right hip side.

7,8,9,10,11. Continue with the movement of your right hand upward toward your right back (palm upward) and at the same time move your right foot in an arc behind your left foot and rotate your body on the spot toward your right shoulder side in a clockwise direction; follow with your left hand together with your right one and bend gradually your knees down.

- Do the same beginning with *hidari hanmi*.
- The whole technique should be carried out in a continuous movement and in one breath.
- The movement of this technique as well as all others should start with the hip movement, followed with legs and continued with hands.