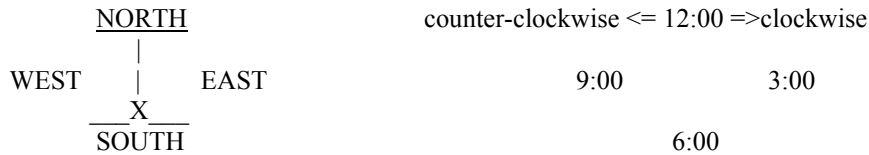


DANDO

SUPPLEMENTAL 1ST DEGREE BLACK BELT FORM - 50 MOVEMENTS



Begin: Dando ready stance starting at [X] facing North

1. Move right foot North East forming RFF front stance while executing overhead strike with right hand.
 2. Move right foot to left foot (touching) then left foot North West forming LFF front stance while executing overhead strike with left hand.
 3. Move left foot to right foot (touching) then right foot North East forming RFF back stance while executing uppercut strike with right hand.
 4. Move right foot to left foot (touching) then left foot North West forming LFF back stance while executing uppercut strike with left hand.
 5. Move left foot to right foot (touching) then right foot North East forming RFF front stance while executing straight stab with right hand.
 6. Move right foot to left foot (touching) then left foot North West forming LFF front stance while executing straight stab with left hand.
 7. Move left foot to right foot (touching) facing North forming Dando ready stance.
 8. Move right foot North forming RFF front stance while executing overhead strike with the right hand.
 9. Shift right foot North forming RFF back stance while executing East to West horizontal slash with right hand.
 10. Stationary. Execute West to East horizontal inverted slash with right hand.
 11. Stationary. Execute South East to North West upwards slant slash with right hand.
 12. Stationary. Execute South West to North East upwards slant slash with right hand.
 13. Stationary. Execute horizontal thrust with right hand.
 14. Move left foot North forming LFF front stance while executing overhead strike with the left hand.
 15. Shift left foot North forming LFF back stance while executing West to East horizontal slash with left hand.
 16. Stationary. Execute East to West horizontal inverted slash with left hand.
 17. Stationary. Execute South West to North East upwards slant slash with left hand.
 18. Stationary. Execute South East to North West upwards slant slash with left hand.
 19. Stationary. Execute horizontal thrust with left hand.
 20. Move right foot to left foot (touching) then right foot North forming RFF front stance while executing overhead strike with right hand.
 21. Move left foot to right foot (touching) then right foot North forming RFF front stance while executing inverted straight strike with right hand.
 22. Turning counter-clockwise 180 degrees facing South forming opposite Dando ready stance (right foot pointing South & left foot pointing East).
 23. Execute left leg sweep (South to North) East landing in a LFF back stance, then North to South horizontal slash with left hand (throat area).
 24. Stationary. Facing East execute inverted horizontal slash South to North.
 25. Stationary. Facing East execute straight stab with left hand (palm down).
 26. Move left foot to right foot (touching) then right foot West executing right leg sweep (South to North) landing in RFF back stance, then North to South horizontal slash with right hand.
 27. Stationary. Facing West execute inverted horizontal slash South to North.
 28. Stationary. Facing West execute straight stab with right hand (palm down).
 29. Move right foot South forming walking stance (left foot leads).
 30. Move right foot South West forming RFF front stance while executing overhead strike with right hand.
 31. Move right foot to left foot (touching) then left foot South East forming LFF front stance while executing overhead strike with left hand.
 32. Move left foot to right foot (touching) then right foot South West forming RFF back stance while executing uppercut strike with right hand.
 33. Move right foot to left foot (touching) then left foot South East forming LFF back stance while executing uppercut strike with right hand.
 34. Move left foot to right foot (touching) then right foot South West forming RFF back stance while executing straight thrust stab with right hand.
 35. Move right foot to left foot (touching) then left foot South East forming LFF back stance while executing straight thrust stab with left hand.
 36. Move left foot South forming walking stance (left foot leads)
 37. Execute middle-section front kick with the right foot landing in RFF back stance while executing uppercut strike with right hand.
 38. Stationary. Execute South East to North West upwards slant slash with right hand.
 39. Stationary. Execute South West to North East upwards slant slash with right hand.
 40. Stationary. Execute East to West inverted horizontal slash with right hand.
 41. Stationary. Execute West to East horizontal slash with right hand.
 42. Stationary. Execute South straight stab with right hand (palm down).
 43. Execute middle-section front kick with the left foot landing in LFF back stance while executing uppercut strike with left hand.
 44. Stationary. Execute South West to North East upwards slant slash with left hand.
 45. Stationary. Execute South East to North West upwards slant slash with left hand.
 46. Stationary. Execute West to East inverted horizontal slash with left hand.
 47. Stationary. Execute East to West horizontal slash with left hand.
 48. Stationary. Execute South straight stab with left hand (palm down)
 49. Move right foot to left foot (touching) then right foot South forming RFF front stance while executing overhead strike with right hand.
 50. Move left foot to right foot (touching) then right foot South forming RFF front stance while executing straight stab with right hand.
- End: Move right foot back to [X] forming Dando ready stance facing North.

Reminders:

Ready Stance: a.k.a walking stance; small back stance (feet form the letter “L”): left foot points N; right foot points E; body is 45 degrees pointing NE; looking N; knife is held vertically, blade point away from body & cupping the handle with the right hand.

Knife: shiny blade; one-sided blade; for safety, a dull blade; slanted blade (no curve);