

UNSOKU



• Movement in eight directions using tsugi ashi

This is the basic practice for tsugi ashi in any direction while keeping the correct posture and stance. This exercise involves moving straight forward and backward, from side to side and to the corners (front and back) while using our three basic stances: neutral, left, and right. First practice each movement individually, then practice each set of movements repeatedly until you can do them smoothly. Then you are ready to combine them and do the series of movements in eight directions that we usually do during practice.

