

Ito's White Tiger Kempo
3rd Kyo Brown

5 Diagonal Motion Exercises
State of 3 Doors (San Kon Men)

1. 5 Gates
(8 Rounds, 7 Stars (Folds))
 - a. Avoid/Escape Footwork
 - b. Yoga Chara Stretches, Vajrayana Exercise
 - c. 4 Directional Exercises - Shuffle Patterns, Crossing Guards
2. Box – Crossing Guards - Upper Limbs (Guard/Set) □△
3. 5 Diagonal Stretches
a. Legs b. Trunk c. Arms d. Neck
4. Directional Shuffle Patterns
5. Front Diagonal Roll, Rear Diagonal Roll

