



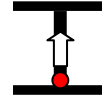
# Valentin Karate Practice-at-Home Sheet

## Bassai ("ba-sigh")

*This is the ninth form (2nd gup - red belt).*

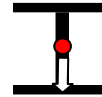
**"Bassai Choon Bee"** (Ready Stance) ● = starting position

Bring both hands to left hip, up on toes, lean forward and at last second jump forward, **blocking inside/out** with right arm, left hand supports the wrist... landing in **cross-legged stance**, left leg behind the right (right foot flat, left on ball of foot).



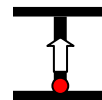
Turn to the rear... left leg front stance...

**Inside/Outside block (left arm)** followed by **Inside/Outside block (right arm)**



Turn to the front... right leg front stance...

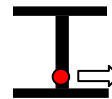
**Outside/Inside block (left arm)** followed by **Inside/Outside block (right arm)**



Lean back on left leg, right leg comes up to chamber, **right hand low block...**

Step to the right into right leg front stance...

**Outside/Inside block (right arm)** followed by **Inside/Outside block (left arm)**



Look front, shift into **horseback stance**, **left arm blocks across chest**, **right hand chambered**.

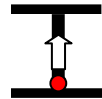
**Spear** (left hand)

**Center Punch** (right hand)

**Inside/Outside Block** (right arm, front stance)

**Center Punch** (left hand, horseback stance)

**Inside/Outside Block** (left arm, front stance)



Left leg comes halfway in...twist...

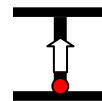
**Center Chops** (right)

**Center Chops** (left)

**Center Chops** (right)... followed by **Center Chops moving backwards** (end left leg forward)

Twist into **cross-legged stance**, left foot flat, right foot on ball of foot while executing an **open hand High Block** with right arm, **left hand against back of right hand to reinforce**.

**Pull hands down while executing a right Side Kick. "KI-HAP"**



Turn to the rear...

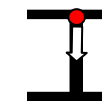
**Center Chops** (left)

**Center Chops** (right)

**Step right leg back to left leg** while bringing both hands in front of abdomen, and then pull hands up into a **double high block**.

**Pull arms apart**, step into **right leg forward front stance** and bring arms around the body to execute a **double hammer-fist to the ribs**.

**Jump forward** in front stance and execute **Center-Punch** (right hand) **"KI-HAP"**



## **Bassai (continued)**

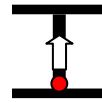
Look over left shoulder and turn to the front...

*Left leg front stance, right hand **Spear punch**.*

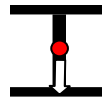
*Pull back, fighting stance, left hand **Low Block**, right hand high "L-shaped" block*

*Bring left leg to the right leg, reinforcing the blocks.*

*Tuck right hand to chest, pivot, right leg **Outside/Inside Crescent Kick**,  
land in horseback stance while executing a right hand **Low Block**.*



*Look to the left (towards the rear) cross arms, left hand **Chops** behind the head  
right leg **Crescent Kick** into the open hand, (land in horseback stance... facing side of room)  
followed by **Elbow strike** into open hand... immediately **Punch** down with right hand.  
low **Double-punch** (left hand then right hand)*



*Turn to the rear.*

**Right leg forward front stance, right arm blocks across chest, left hand chambered.**

*Execute "U" Punch, left fist punches to face, right fist punches center.*

**Step back, bringing arms first so that right arm blocks across chest, left hand chambered**

**Then reverse so that left arm blocks across the chest, right hand chambered.**

**Left leg Outside/Inside Crescent Kick, land left leg forward front stance.**

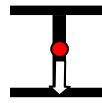
*Execute "U" Punch, right fist punches to face, left fist punches center.*

**Step back, bringing arms first so that left arm blocks across the chest, right hand chambered**

**Then reverse so that right arm blocks across chest, left hand chambered.**

**Right leg Outside/Inside Crescent Kick, land right leg forward front stance.**

*Execute "U" Punch, left fist punches to face, right fist punches center.*



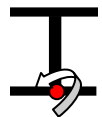
### **"Big Turn" (270 degrees)**

*Look over your left shoulder...pivot...and land looking forwards....*

*Left leg forward front stance, right foot on ball of foot, knee almost touching the ground,  
while executing a right hand inside/outside block.*

*Continue looking forwards and stay low, pivot into...*

*Right leg forward front stance, left foot on ball of foot, knee almost touching the ground,  
while executing a left hand inside/outside block.*



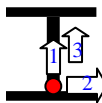
*Step left leg halfway in to the right, twist...*

*"Down the middle" towards front of the room and step into right leg forward Center-Chops*

*Look right... pivot and execute right leg forward Center-Chops towards the right*

*Look "down the middle" towards the front of the room...*

*Step onto the center line with your right leg, then slide into left Center-Chops. "KI-HAP"*



### **"Ba Ro"**

Always perform the "Bassai Ba Ro Ja Seh" to return,  
then execute a normal Ba Ro Ja Seh before going to rest position.

### **Learn Korean:**

Cross-legged stance = Kyo Cha Rip Ja Seh

Moving backwards = Hu Jin