

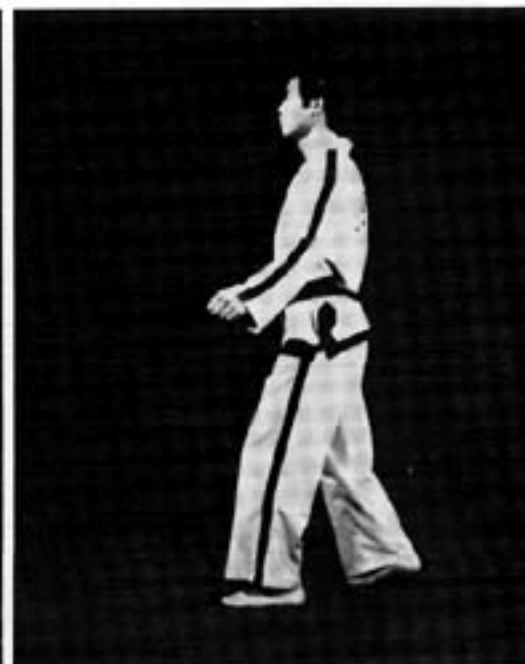
**Treble Stepping (*Sambo Omgyo Didigi*)**

This is chiefly executed from walking and L-stances. It is used to cover a wider distance, moving back and forth. Sideway stepping is not possible.

Stepping Forward



From a Right Walking Stance



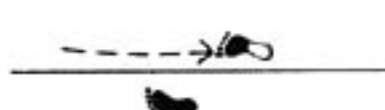
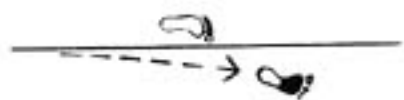


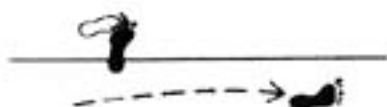
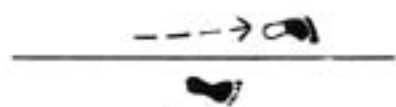
Stepping Backward



## From a Right L-Stance

Stepping Forward





### Stepping Backward

