



Kanshiwa Kata



Bow. Feet apart. Post with hands up in front.
Step off to the left (left foot forward). Left circle block, right punch.
Step off 180 degrees (right foot forward). Right circle block, left punch.
Step off to the front (left foot forward). Left circle block, right punch.
Right Sanchin step. Right circle block. Right side snap kick.
Left Sanchin step. Left circle block. Left side snap kick.
Left circle block into a club attack position. Right foot forward. Right elbow. Right backfist.
Sanchin turn (left foot forward, facing the back).
Slide forward. Left Wauke block.
Right Sanchin step. Right Wauke block.
Left Sanchin step. Left Wauke block.
Right Sanchin step. Left circle. Right shuto strike. Right backfist.
Sanchin turn (left foot forward, facing the front).
Left circle block. Left front kick.
Slide forward. Left circle block. Right shoken strike.
Slide back neutral stance (both hands make shoken strikes, right hand on top of left, knuckles to knuckles).
Stand tall. Bow.