



Kanshu Kata



Bow. Feet apart. Hands on hips. Right foot forward. Strike, squeeze, up and open.
Left Sanchin Strike.
Slide forward. Double uraken temple strike. Cross (left hand in front of right hand, palms facing in).
Break.
Slide forward. Right backfist.
Left Sanchin step. Left circle block. Left front kick.
Right Sanchin step. Right circle block. Right front kick.
Left circle block. Right tetsui strike.
Right circle block. Left bushiken strike.
Left circle block. Right nukite strike.
Sanchin turn (left foot forward, facing the back).
Right Sanchin strike.
Slide forward. Left circle block. Right nukite strike.
Right Sanchin step. Right circle block. Left nukite strike.
Left Sanchin step. Left circle block. Right nukite strike.
Step off to the left (left foot forward). Left wauke block.
Step off 180 degrees (right foot forward). Right wauke block.
Pivot to the back. Right Sanchin step. Double snapping high block (urkaken fists).
Sanchin turn (left foot forward, facing the front). Left circle. Left front kick.
Right Sanchin step. Left circle block, into club attack.
Right elbow strike. Right backfist. Right shoken strike.
Slide right foot back to neutral stance. Arms in Sanchin (right palm up, left palm down).
Stand tall. Bow.