



TRAINING MANUAL

"Don't just work out "

Learn a skill that can save your life!!!

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Kusanku Kata

Kusanku kata was developed by Master Sakugawa (1733-1815) around 1762 after studying for six years under a Chinese emissary named Kushanku, who lived in Okinawa. Master Matsumora is given credit for teaching this kata to Master Kyan who passed it to Master Shimabuku around 1926.

The Japanese translation for "Kusanku "is, "to view the sky."

The major techniques in this kata are the simultaneous backfat - kick combinations, and the front snapkick. Also used in this kata are the seisan, seiuchin, cat, crane and zenkutsu stance. This kata is from the Shorinryu system.

- The "Bow-in" sequence as in #'s 1, 2 and 3 are the same as in previous Katas.



- 4. Bending forward at the waist about 30 degrees lower hands keeping arms in same position. Both hands are open. Look forward and slightly up.
- 5. Lift hands in one continuous motion to above head position. Still keep eyes up.
- 6. From position #5 circle both hands side outwards in a steady slow continuous motion. At end of circle both palms up with right hand on top. Still maintain the bent forward position eyes forward and slightly up.
- 7. Coming to an erect posture with almost a snap ... circle both hands into a ready posture with both hands in nukite form fingers pointing forward down the Kata line.





- 8. Stepping to the left in a lunging posture do a MIGI SHOTEI GE-DAN UKE; at the same time do a HIDARI SHUTO JODAN UKE (palm forward down KATA line.)
- 9. Shifting posture to the right, reverse both blocks to a HIDARI SHOTEI GE-DAN UKE and a MIGI SHUTO JO-DAN UKE. At the time shift angle of the feet to the right.
- 10. MAINTAINING THE LUNGE TO THE RIGHT do a very strong HIDARI CHU-DAN UKE. Keep the left elbow close to the body. Pull right fist to the hip.
- 11. Upper body holds its posture and with the left foot do a sharp audible foot strike to the floor. This represents a sound to decoy the opponents attention to that direction.
- 12. By pivoting on the balls of both feet change your direction facing slightly to the left front angle ... at the same time make a strong MIGI SEIKEN forward down Kata line.
- No.'s 13, 14 and 15 are merely repeats of No.'s 10, 11 and 12 in opposite direction.
- 16. Upon completion of HIDARI SEIKEN step forward with the left foot. Pivoting on the foot make a half turn to the right ending in H EKO ASHI DACHI ... both fists on left hip.





- 17. Very quickly from this stance do MIGI KEAGE GERI and URI UCHI (to the rear) at the same time.
- 18. Once again pivot on the left foot and place the right foot down in HIDARI SEISAN DACHI facing the front. Both hands are open and in a strong ready posture.
- 19. Step right foot forward and repeat #18 (not pictured).
- 20. Step left foot forward and repeat #18.
- 21. Stepping forward with the right foot do a quick little upward lift with the right open hand AGE SHOTEI.
- 22. Restepping forward with the right do a MIGI SEIKEN under the imaginary lifted hand.
- 23. Leaving the weight on the rear (left) foot make a half turn to the left into HIDARI SEISAN DACHI, both hands are momentarily on the hips.
- 24. Stepping forward again with the left foot . . . do HIDARI SEIKEN.
- 25. Step forward with right foot into MIGI SEISAN DACHI . . . note that the stance is made a little narrower in preparation for the next move. Do MIGI SEIKEN.

- 26. Pivoting on the balls of both feet (once again facing forward down Kata line) do a MIGI SHUTO UCHI. The left hand . . . which is hidden from the front is in a tense position and held with the fingers pointing straight up.
- 27. Leaving all the weight on the left foot do a MIGI MAE KEAGE GERI . . . note that both hands remain in the same posture as in #26.
- 28. Upon completion of the kick, pivot on the left foot, kneel down with the right knee on the floor, now facing rear on the Kata line. Do a HIDARI CHU-DAN UKE. Right fist on the hip.
- 29. Without moving the feet stand up . . . left foot is forward . . . do a MIGI GYAKU SEI KEN.
- 30. Move right foot in back of left foot, do a MIGI SHUTO UCHI as in #26, this time facing to the rear on Kata line. By moving the right foot you are in Kaki Dachi.
- 31. Leaving all the weight on left foot do a MIGI MAE KEAGE GERI, (this time to the rear). Leave hands in same position as in #30.
- 32. Upon completion of the kick, pivot on the left foot, turning to your left, now facing front down Kata line, kneel down with right knee to the floor and do a HIDARI CHUDAN UKE.
- 33. Without changing position of the feet, stand up. From HIDARI SEISAN DACHI do a MIGI GYAKU SEIKEN.
- 34. Turn and face left of Kata line standing in NEKO ASHI DACHI. with the left foot forward. Stack both fists on right hip.
- 35. Still facing to the left of Kata line do HIDARI URI UCHI and HIDARI KEAGE GERI at the same time.
- 36. Following the Keage Geri, still facing to the left drop to a kneeling position, right knee on floor, and do a MIGI EMPI UCHI into the palm of left hand.









- 37. Stand up; make a half turn right rearward, now facing to the right of the Kata line. Stand in NEKO ASHI DACHI with right foot forward. Stack both fists on left hip.
- 38. Do a simultaneous MIGI URI UCHI and a MIGI KEAGE GERI.
- 39. Kneel down with left knee on floor. .. do a HIDARI EMPI UCHI into palm of right hand.
- 40. Without moving the left foot, stand up turnat the same time to the left until you face 45 degrees to the left front. The left foot leads and both hands are in strong SHUTO position. Left leads.
- 41. Staying on this same angle step right forward into right defensive posture. Right foot and right hand lead.
- 42. Now stepping and turning to the right 45 degree angle repeat right defensive posture.
- 43. Stepping left forward on same angle do left defensive posture. Left foot and left hand lead.







- 44. Stepping back toward the starting point and the original Kata line stand in SEIUCHIN DACHI with the body facing to the right of Kata line but the head looks toward. Cross the arms at the wrists . . . the hands are in a tense SHUTO position.
- 45. Turn the body forward down the Kata line; change the feet into KAKE DACHI right foot in the rear. Do a MIGI SHUTO UCHI. The left hand is held vertically . . . to the rear and in position it cannot be seen from the front.
- 46. Holding the hands in same posture as in #45 do a MIGI MAE KEAGE GERI.
- 49. Step back with left foot; do MIGI CHUDAN UKE.
- 47. After planting the right foot following the MIGI KEAGE GERI slide the left foot in behind the right into KAKE DACHI then do a HI DAR I TETSUI (and hold).
- 48. Without changing the stance do a MIGI TETSUI above and slightly crossing over the left fist from #47.
- 50. From same SUSAN stance fast HIDARI then MIGI SEIKENS.





- 51. Turning to your left face the rear of Kata line in NEKO ASHI DACHI. Both fists are stacked on right hip.
- 52. Stepping toward the rear of Kata line with left foot change into SEIUCHIN DACHI and do a HIDARI HAISHU UKE (open hand).
- 53. Jumping into the air and while turning to the left do a MIGI MIKAZUKE UKE toward left hand (striking hand with foot) Kiai while in the air.
- 54. The landing from the jump turn #53 is in a very low posture. The head is held up to observe all around. The knee is close to chest. The extended left knee lightly touches floor.
- 55. Staying low to the ground, change directions (now facing rear). Also change the knee that is next to chest.
- 56. Standing up step forward right foot into MIGI SEISAN DACHI, do MIGI CHU-DAN UKE ... follow the block with H I DAR I then MIGI SEIKENS.





- 57. Keeping weight on the right foot turn left backward one half turn once again facing forward down Kata line. Turn into HIDARI NEKO ASHI DACHI. Right open hand guards center chest. Left open hand lies palm up on left thigh.
- 58. The next three moves are done in one continuous motion. First from posture #57 step forward first with left foot, then right, then slide left foot in behind the right foot into KAKE DACHI.
- 59. Holding the stance do HIDARI SHOTEI UKE chest high from left to right.
- 60. Do a MIGI NUKITE (hand vertical) to the CHU-DAN. Left arm with open hand is held horizontally under right arm. Kial on the technique.
- 61. Pivoting on the right foot, turn left rearward a little more than one complete turn. You are now facing at about a 45 degree angle to the left of Kata line. Do a strong HIDARI GE-DAN UKE.
- 62. Facing the same angle as above do a HIDARI MAE KEAGE GERI and a HIDARI URI UCHI at the same time.
- 63. Followed by a MIGI EMPI UCHI into palm of left hand.







- 64. Leaving the left foot where it is, step out with the right foot to about a 45 degree angle to the right of the Kata line. Do a MOROTE SHOTEI UKE. Note that the fingers of the right hand are up, those of the left are down.
- 65. Move forward about half a foot, change to SEIUCHIN DACHI. Do a HIDARI CHU-DAN UKE and a MIGI GE-DAN UKE. Look backwards toward the more powerful GE-DAN UKE.
- 66. Pivot approximately one half turn to the right into SEIUCHIN DACHI now along the Kata line and do an immediate HIDARI TETSUI. Then pull it back to the hip.
- 67. Followed by immediate MIGI TETSUE - also pulled back to the hip.
- 68. Circle both arms outward, upward and around, crossing at the wrist. Look forward down the Kata line.
- 69. Bringing the left shoulder forward and around, turning on the right foot, now facing to the rear in MIGI SEISAN DACHI ... do a downward plunging JUJI GEDAN UKE. Both thumbs must point away from the body.







- 70. Step backward with the right foot into NEKO ASHI DACHI . . . at the same time bring the still crossed wrists up to the right chest . . . have them actually touch the body.
- 71. From defensive stance in #70 jump forward into the air; do a MIGI TOBI MAE KEAGE GERI.
- 72. While still in the air also do a HIDARI TOBI MAE KEAGE GERI.
- 73. Landing with the left foot forward do a downward JUJI GE-DAN UKE. This downward cross block is shaded slightly to the left closer to the left thigh than in the center.
- 74. Step forward with the right foot; do a MIGI CHU-DAN UKE
- 75. and 76. This block is followed with two fast punches. HIDARI GYAKU SEIKEN first, then MIGI SEIKEN.
- 77. Turn left about into HIDARI SEISAN DACHI, now facing forward down the Kata line. Both open hands are held in ready posture.
- 78. Step right foot forward into MIGI SEISAN DACHI ... both open hands remain in ready position.







- 79. Stepping forward with left foot close to MUSUBI DACHI, right fist brought to center chest, covered with open left hand.
- 80. Lower hands to in front of groin area.
- 81. Last final bow out. Thus ending the KATA.





ALL KATAS BEGIN IN PEACE AND END IN PEACE.

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HISTORY OF KUSANKU KATA by Master Don Bohan

This kata was named for the Chinese military officer Kusanku, who came to Okinawa in 1781. He was considered to be one of the best and most skilled Chuan-fa practitioners ever to bring his art to the Rukyu Islands.

In 1786, a young martial artist named Sakugawa, tried to push Kusanku into a river. When Kusanku stopped Sakugawa with such ease, he realized he was facing a true master of the fighting arts. After learning that the practical joker was studying the martial arts, Kusanku invited him to come to Kume-mura to study under him. Sakugawa studied with Kusanku for six years. Master Kusanku went back to China in 1792, leaving Sakugawa without an instructor, but he told him to carry on the art. At this time Peichin Takahara, Sakugawa's first instructor, became seriously ill and called him back to Shuri. Upon his return, Sakugawa learned that his Sensei was near death. Master Takahara told Sakugawa to name himself "Karate" Sakugawa and teach the art as he had been taught.

Sakugawa combined the techniques he learned from Kusanku and Takahara and created "Tode", which translates to China Hand. He wanted to protect the techniques that were taught him by Kusanku, so he combined them into a teachable form and called it Kusanku Kata.

"Karate" Sakugawa was the instructor of "Bushii" Matsumura, who was Chotoku Kyan's instructor, and who in turn was the first Master instructor of Tatsuo Shimabuku. It is believed that this is how the Kusanku kata was passed down to the students of Isshin-Ryu.

Another line of descent for Kusanku Kata was through "Karate" Sakugawa. Because his Tode is the fore-runner of most Okinawan karate styles, he is known as the father of Okinawan Karate. "Bushii" Matsumura who learned from Sakugawa, taught Itosu Yasutsune in addition to Kyan. Itosu taught Choki Motobu, which was another of Tatsuo Shimabuku's instructors. It is possible that Tatsuo Shimabuku learned this kata from Motobu too, even though some think it is unlikely.

Kusanku has been translated as "Looking at the Sky". This refers to the first movement in the kata, where the hands and arms describe a circle. This circle represents the moon, and indicates that the kata was designed to be done at night.

SEQUENCE/BUNKAI Opening

- 1. Stand in attention stance, feet on line, heels together. The hands are open with the palms against the thighs. The eyes are fixed on the opponent and the spine (including the neck) is straight. Perform the standing bow, keeping the eyes fixed on the opponent. Bring the right fist (palm up) to in front of the solar plexus and the left hand (open) to in front of the right (the palm of the left hand presses the knuckles of the right). Lower the hands to in front of the groin.
- 2. Bend slightly from the waist. Bring the hands (open with the fingers together and palms out) to in front of the forehead. The index fingers and thumbs are touching and form a triangle. Move the hands in an outward semi-circular motion. Continue the circular motion until the hands are together in front of the solar plexus. Arms are almost fully extended, fingers point straight ahead, edges of the hands are together. (NOTE: The semi-circular motion of the hands is performed slowly and deliberately with light sanchin breathing.) As the hands come together, assume a left hand leading knife hand guard. The right hand covers the solar plexus, the left in the position of a shoulder block. Pivot the feet inward to a pigeon-toed stance.
 - (A) The semi-circular motion is a feeling action in an attempt to ascertain the position of the enemy.

SERIES NUMBER 1

- 1. Step to the right with the right foot and to the left with the left foot and assume a deep horse stance. (NOTE: The hands do not move.) As soon as the horse stance is assumed, pivot 45 degrees to the left in a left forward extended and off set seisan. The right hand performs a slow sweeping action from center-line to the left shoulder and then to just outside the right thigh. (NOTE: The heel of the hand will make contact with any obstruction or opponent that is within range). The left hand raises to in front of the forehead with the palm pointing out. The back of the left hand touches the forehead.
- 2. Pivot 90 degrees right into a wide off set left forward seisan, perform the sweeping action with the left hand as described in number 1 above. The right hand is in front of the forehead with the back of the hand touching the forehead.
 - (A) From pigeon-toed stance step with the right then left foot to horse. From horse stance, pivot 45 degrees left. From the off-set seisan, pivot 90 degrees right direction of orientation during series pigeon-toed stance direction of pivots position of feet in horse stance position of feet in off-set Seisan-Dachi.
- 3. From the left sweep, perform a left shoulder block. Bring the right hand to the right hip. Raise the left foot two to three inches off of the ground and stomp it back down. (NOTE: Do not move the body and keep the leg stiff during the stomp.) Pivot 90 degrees to the left into a wide off set seisan and punch with the right hand toward center-line (Diagram 1, arrow indicating direction of orientation.)

BUNKAI: 1-3

- (1) On the first sweep you are still feeling for the opponent

- (2) On the second sweep you make contact with him It is important to keep the sweeping hand outside of the thigh. Combined with the slight lean of the body, and the foot stomp you deceive the opponent(s) as to your exact location.
- (3) The left shoulder block may serve several purposes:
 - (A) If it is a block, you stop his right punch or grab, pivot and strike him with the right punch.
 - (B) You may parry with the right and and strike the opponent in the face with the left hand, shift out of the line of attack with the 90 degree pivot and finish him off with the right punch. You may also grab the opponent's arm with your right hand, performing an arm break with the left hand, shifting out of the way of a second opponent by using the 90 degree pivot and punching him with the right hand.
- 4. After the first punch, perform a right shoulder block, the left hand returns to the left hip. Perform a stomp with the right foot and pivot 90 degrees to the right into a wide off set seisan with a left hand punch. BUNKAI: To number 3 applies.
- 5. After the left punch, perform a left shoulder block and foot stomp with the left foot.
 - (A) After punching the opponent in number 4, the next opponent grabs your left shoulder, you grab his wrist with your right hand and break his arm with a left arm bar. The stomp is to distract any additional opponents you may have to the rear.

SERIES NUMBER 2

- 1. After the left foot stomp, step to the center line with the left foot and turn 180 degrees to the right assuming a right cat stance. Stack the right fist on top of the left fist and execute a left elbow to the rear. Perform a right back fist and right snapping side kick with the ball of the foot. Position of feet prior to step Direction of step Position of left foot on elbow Position of right foot in cat stance with heel slightly raised
 - (A) The left elbow is a finishing move for the opponent in series number 1 (5). The next opponent has grabbed you on the right shoulder from the rear. Your turn and pivot to cat stance disengages the hold (NOTE: As you step to cat stance, you pivot away from the opponent.) The back fist is designed to act as a feint (an uncommitted attack) and the kick hits him in the groin.
- 2. After the kick, set the right foot down just off of the main kata line, by setting down off line you are not stepping directly into an opponent to the rear. (Remember, you are not sure where the opponents are so you step at angles and always indirect of the direction you intend to move.) After stepping with the right foot turn 180 degrees to the left. Step with the left foot to left forward seisan. At the same time, sweep with the left hand in a semi-circular fashion from the outside of the right shoulder to in front of the body (arm is almost fully extended) to guard position in front of the left shoulder. As the sweep is made the right hand assumes a shuto guard in front of the solar plexus.
- BUNKAI: After kicking the last opponent, turn 180 degrees and search the area for father opponents with the left hand sweep. You are feeling with the feet as well as the hand.

SERIES NUMBER 3

- 1. Step forward with the right foot to a right forward SeisanDachi and perform a sweep with the right hand. The left hand assumes a guard in front of the solar plexus.
- 2. Step with the left foot to left forward seisan and repeat the sweep with the left hand.
- 3. Step forward with the right foot to right foot forward seisan and raise the right hand palm up and open, to in front of the right shoulder.
- 4. Maintaining right seisan, slide forward and perform a right body level punch.

- (A) In number 1 and 2 you are still searching the area with the hand /foot sweeps. In number 3 you make contact and slide forward with a punch. (NOTE: The right hand raise in number 3 can also be an upward palm press block that disengages any grab or punch.)

SERIES NUMBER 4

- 1. Turn 180 degrees to the left, stepping with the right foot, to a left forward seisan stance. Bring the left hand in an arc in front of the body to the left hip and then immediately perform a left hand punch at body level.
- 2. Step forward with the right foot and turn 90 degrees into a deep horse stance and deliver a right twist punch downward. T Direction of punch Orientation of front body Direction of left foot pivot Position of feet on punch
 - (A) An opponent has grabbed you from the rear on the left shoulder. The sweep with the left hand pushes the opponent's arm away and the left punch drives him back.
 - (B) You continue to pursue the opponent and step and turn 90 degrees so that the punch can be delivered with maximum power.
- 3. Pivot on the ball of the left foot 90 degrees to the left, as the pivot is made, slide the right knee to behind the left knee. You are in a left leading cross stance - as the stance sets, perform a left sweep across the forehead and a right shuto at neck level. Follow the shuto with a right front kick.
- 4. Turn 180 degrees and drop to the right knee with the left foot forward and execute a left shoulder block. Stand up and perform a right then left punch.
 - (A) An opponent has grabbed your left shoulder-you pivot and grab his arm with your left hand and strike him in the throat with the right shuto. The right front kick doubles him over and the 180 degree turn is a shoulder throw. You stand up and perform the two punches to a second opponent.
- 5. After the last punch, pivot on the ball of the left foot and slide the right knee to behind the left knee in a left foot forward cross stance with a left sweep block to in front of the forehead and follow with a right shuto at neck level. Kick with the right foot and turn 180 degrees and drop to the right knee with the left foot forward. Stand up with the right then left punch.
 - (A) Number 3 and 4 applies.

SERIES NUMBER 5

- 1. Look 90 degrees to the left, step 90 degrees right into a left foot forward cat stance and stack the hands left over right on the right hip. Perform a left back fist and left front kick. Take one long step and drop to the left knee and perform a right elbow strike-the elbow slaps the palm of the left hand.
- 2. Look 180 degrees over the right shoulder. Turn 180 degrees to the right into a right foot forward cat stance with the hands stacked right over left on the left hip. Perform a right back fist and right front kick. Take one long step and drop to the right knee and perform a left elbow strike--again the elbow slaps the palm of the right hand. (Mirror image of #1)
- 5. Upon completion of sweep from left seisan, step back with the right then left foot to horse stance along the main kata line. Raise the hands over the head with the palms facing inboard. Bring the elbows together and snap them along center-line to a chest level "X" block with shuto.
 - (A) On the last sweep (left hand) an opponent grabs you in a choke hold from the front. You step back along the main kata line to unbalance him and perform the "X" block to break his grip. The fingers may also rake his eyes as the disengagement is

performed.

- 6. Pivot 90 degrees to the left on the ball of the left foot. As the pivot is completed, slide the right knee to behind the left knee into a left leading cross-stance. Deliver a right shuto to the neck, the left hand is brought across the forehead. Follow the shuto with a right front kick.
- 7. Place the right foot down and slide the left foot behind in a right leading cross stance. You are now 90 degrees to the right of the main kata line. As the stance sets, perform a left then right hammer fist strike at rib level.
 - (A) After the "X" block breaks the choke hold, a second opponent punches from the left, you block his punch with the left hand pivot and strike his neck with the right hand. This strike is followed by a right front kick that doubles him over. The hammer fists are directed to the ribs and act as a finishing move.
- 8. Step back along the main kata line with the left foot to right foot forward seisan and perform a right shoulder block followed by a left then right punch at chest level.
- BUNKAI: After striking the opponent in number 7, another attacks with a left punch from behind that opponent. The right hand blocks and he is hit by the two punches.

SERIES NUMBER 6

- 1. Turn 180 degrees to the left into a left forward cat stance and stack the fist (left over right) on the right hip. As the stance is set perform a right elbow to the rear. You assume the stance by stepping along the main kata line with the right foot and sliding the left foot to place to make the cat stance.
 - (A) After punching the opponent in the last series, you finish him off with the right elbow to the rear and step away from any attack that may be coming from the rear.
- 2. Step forward with the left foot to a horse stance and perform a left hand back fist. Open the left hand and slap the palm of the left hand with a right crescent kick at head level. As the kick is executed, turn 180 degrees and drop to the ground in a position that resembles a push up. The left leg is fully extended to the rear; the right knee is pulled up into the right arm pit. Look to the left then to the right. Remaining low, pivot on the hands 180 degrees to the right, the right foot is moved behind. Look right then left.
 - (A) You sense an opponent is in front of you. You attack with a left back fist that is blocked and subsequently grabbed. The crescent kick is designed to break his grasp. You drop low to avoid any further attacks and by staying low you can ascertain the position of any further attackers.
- 3. Stand up and step forward with the right foot to a right foot forward seisan and perform a right shoulder level block followed by a left then right punch.
 - (A) The block may also be a back fist followed by the two punches.
- 4. Pivot on the right foot and turn 180 degrees to the left into a left forward cat stance. As the stance is assumed raise the hands (open and palm up) in an outside arc. The left hand comes to rest, palm up, on the left thigh and the right hand comes to rest, palm up, on the right hip. This is a clearing action.
- 5. Step right over left into a right leading cross stance, as you step perform a left to right low level open hand parry with the left hand, simultaneously perform a right cross body spear hand at solar plexus level.
 - (A) You parry a left kick with the left hand and deliver a spear hand to the opponent's ribs.
- 6. Spin 360 degrees to the left on the right foot ending up in a left forward seisan stance and perform a left low level block.
 - (A) After the spear hand in number 5, you spin around this attacker and block the next attackers low kick. The spin may also serve as a take down to the first attacker. You have deflected the kick with the left hand, his leg is trapped on the left hip with the leg

extended. If the opponent does not fall he may be struck with the left hammer fist.

SERIES NUMBER 7

- 1. Perform a left hand back fist and left foot front kick to 45 degrees left. Step off the main kata line 45 degrees left and perform a right elbow from left foot forward elbow. The elbow slaps the left palm.
 - (A) An opponent has grabbed you from the left, 45 degree angle, the kick doubles him over and the elbow finishes him off.
- 2. Step 90 degrees to the right into left forward Seisan-Dachi. Perform a right hand face level palm heel strike and a left hand groin level palm heel strike.
- 3. Step 45 degrees to the right into horse stance and perform a right hand low level block and a left hand back fist at head level.
 - (A) In number 2, an opponent has grabbed your left shoulder. The step with the palm heels knocks him off the mound. He does not fall, but attempts to grab you again with his right hand. You grab his right wrist with your right hand and lock his elbow across your chest. The back fist with the left hand strikes his face as the right hand breaks his arm.
- 4. Step forward with the left foot to the main kata line and assume a horse stance. Perform a left then right hand hammer fist to the ribs. Follow with a right "X" block in front of the chest.
 - (A) After breaking the opponent's arm in number 3, the next opponent grabs you in a bear hug that does not lock your arms. The hammer fist loosens his grip enough to break his arms at the elbow from underneath with the "X" block.
- 5. Pivot on the right foot and turn 225 degrees to the right into a right foot forward seisan with a right over left low level "X" block. Step back with the right foot to left forward cat stance and pull the fists, stacked left over right, to the right hip. Execute a right-left double jump kick and land in a left foot forward seisan stance with a right over left low level "X" block.
- 6. Step 45 degrees to the right into a right foot forward seisan and perform a right shoulder block followed by a left then right punch.
 - (A) After breaking the arm of the opponent in number 4, you spin to avoid a kick that is coming at you from the rear. The "X" block stops the kick. The step back extends his leg so that the first jump kick can go underneath the kicking leg. You jump past the opponent and kick at a second opponent who is standing behind him. This kick is blocked and the opponent counterkicks. The "X" block stops the kick. By stepping 45 degrees to the right, you may throw the opponent who has kicked at you and stop the left punch of the last opponent. The two punches finish him off.

Closing

- 1. Turn 180 degrees to the left, as you step into left forward seisan stance. Perform a left hand sweep with the left shuto.
- 2. Step forward with the right foot to right foot forward seisan and perform a right hand shuto sweep.
- 3. Step back with the right foot and assume the attention stance. Bring the hands to in front of the solar plexus. The right fist is in front of the solar plexus with the palm of the open left hand is against the knuckles of the right. Lower the hands to in front of the groin and pivot the toes inward to pigeon toed stance. Step with the right foot to a relaxed stance with the fists in front of the thighs. Return to the attention stance and perform the standing bow.

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Basic Exercises

UPPER BODY

1. **seiken oitsuki**
straight forward punch
2. **jodan tsuki**
uppercut
3. **seiken giyack tsuki**
reverse punch
4. **jodan giyack tsuki**
reverse uppercut
5. **gedan beraï, seiken giyack tsuki**
downward block, reverse punch
6. **chudan uke, seiken giyack tsuki**
midbody block, reverse punch
7. **tegata beraï, nukite**
open hand block, stab spear hand
8. **tegata uke, jodan giyack tsuki**
overhead d open hand block, reverse uppercut
9. **jodan uke, seiken giyack tsuki**
roundhouse punch to face, block, reverse punch
10. **ura uchi, seiken giyack tsuki**
back fist, reverse punch
11. **gedan beraï, go den joku tsuki**
downward block, 5 straight punches
12. **chudan uke, go den joku tsuki**
midbody block, 5 straight punches
13. **shuto-uke, shuto-uchi**
downward block, open hand
14. **o-uchi, o-uchi**
big punch
15. **hige no ato tsukai**
stance, elbow strike

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LOWER BODY

1. **mae geri (kin geri)**
straight forward kick(groin kick)
2. **shoba konate**
forward angle
3. **ura geri**
crossover kick
4. **yoko geri**

side snap

5. shoba geri

side pivot

6. hize geri

knee kick

7. o toshi geri

squat kick

8. mae konate

heel thrust

9. ushura geri

back kick

10. mae geri

to the throat and solar plexis

11. yoko kakoto geri

side snap with heel

12. kensui

pushups

13. ashino shugeno be

Left foot in right hand

14. ashino shuge no be

body twist

15. shin ko kyu

breathing exercise

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