

TERMS & CONCEPTS

Zanshin - state of enhanced awareness

Mushin - 'No Mind;' a mind free of clutter, not fixed upon any particular object or thought

SELF DEFENSE

Categories of Kata Applications:

Bunkai - direct applications of the kata movements. A movement may have several applications. As long as it is performed as in the kata, this application is considered bunkai.

Henka-waza - Variation techniques; similar results on opponent but methods may be slightly different in angle or direction of attack.

Oyo -application of the principles upon which a technique is applied; May only have a distant similarity to kata movement. Ex: This may be a kata move plus additional techniques not found in a kata.

KIHON (Basics)

Stripe 1

Technique	Procedure
(Zenkutsu) Mae Geri, Sanbon Zuki (Front Stance) Front Kick, Three Punches	FTR
(Zenkutsu) Age Uke, Mae Geri, Gyaku Zuki, Gedan Barai (Front Stance) Upper Block, Front Kick, Reverse Punch, Low Block	SFSB
(Zenkutsu) Soto Ude Uke, (Kiba) Yoko Empi, (Zenkutsu) Uraken, Gyaku Zuki, Gedan Barai (Front Stance)Outside Block, (Horse stance) Side Elbow, (Front Stance) Backfist, Low Block	SFSB
(Kokutsu Dachi) Uchi Uke, (Zenkutsu) Kizami Zuki, Gyaku Zuki, Gedan Barai (Back stance) Inside Block, (Zenkutsu) Jabbing Punch, Reverse Punch, Low Block	SFSB
(Kokutsu Dachi) Shuto Uke, Mawashi Kizami Geri, Nukite (Back Stance) Knife hand block, Front leg roundhouse kick, spear hand	SFSB
(Kokutsu Dachi) Manji Uke, Gedan Shuto, Gedan Barai (Back stance) X block, Low knife hand block, Low Block	FTR
(Jiyu Dachi) Mae Geri, Mawashi Geri, Uraken Gyaku Zuki, Gedan Barai (Free Stance)Front Kick, Round House kick, Backfist Reverse Punch, Low Block	FTR
(Zenkutsu) Mae Geri, Kekomi, Shuto Uchi, Gyaku Zuki, Gedan Barai (Front Stance) Front Kick, Thrust Kick, Knife Hand Strike, Reverse Punch, Low Block	FTR
(Kiba Dachi) Yoko Geri Keage, (Zenkutsu Dachi) Gyaku Zuki, (Kiba Dachi) Gedan Barai (Horse Stance)Side Snap Kick, (Front Stance) Reverse Punch, (Horse Stance) Low Block	FTR
(Jiyu Dachi) Mikazuki Geri, turn Ushiro Geri, Gedan Barai, Gyaku Zuki (Free Stance) Crescent Kick, turn, back kick, low block, reverse punch	FTR
(Jiyu Dachi) Kekomi (Front leg), stepping forward Mae Geri (Free Stance) Front Leg Thrust kick, step forward, Front kick (back leg)	FTR
(Jiyu Dachi) Kizami Zuki, Gyaku Zuki sliding forward from Jiyu Dachi (Free Stance) Jabbing Punch, sliding forward Reverse Punch	FTR
(Jiyu Dachi) Mae Geri (Chudan), Kizami Zuki (Jodan), Gedan Barai Age Uke (same arm), Gyaku Zuki (Free Stance) Front Kick (middle), Jabbing Punch (High), Low Block, High Block (same arm), Reverse Punch	FTR
Facing Forward from Jiyu Dachi: Mae Geri, Kekomi (same leg), Mae Geri, Mawashi Geri (same leg), Ushiro Mawashi Geri Facing Forward from Free Stance: Front kick, thrust kick (same leg), front kick, round kick (same leg), back roundhouse kick	FTR



Throws

Irimi Nage - Entering Throw; throw by sliding past the opponent's line of attack, letting his momentum pass

KUMITE (Sparring)

Stripe 2

kihon Ippon Kumite Basic Attack Sparring

Any Set

Jiyu Ippon Kumite #3 Semi-Free One Step Sparring:

Attacker and Defender start in Jiyu Dachi (freestyle stance). Perform all Jiyu Ippon Kumite on Both Sides of Body (Mirror image or switch feet before starting)

JODAN

ATTACKER ***Migi Jodan Oi Zuki*** (right high lunge punch)

DEFENDER ***Migi Jodan Age Uke, Migu Chudan Kizami Mawashi Geri, Hidari Chudan Gyaku Zuki, Hikite Gamai***
Right High Upper Block, Right Front Leg Round Kick, Left Mid Reverse Punch, withdraw both arms

CHUDAN

ATTACKER ***Migi Chudan Oi Zuki*** (right middle lunge punch)

DEFENDER ***Migi Tate Shuto Uke, Hidari Chudan Gyaku Zuki, Hikite Gamae***
Right Vertical Knife Hand Block, Right Mid Reverse Punch, Withdraw both hands

MAE GERI

ATTACKER ***Migi Chudan Mae Geri*** (right front kick)

DEFENDER ***Gedan Juji Uke, Hidari Yoko Shuto Uchi (pulling opponent into counterattack), Hikite Gamae***
Low X Block, Left Side Knife Hand Strike (pulling opponent into counterattack), Withdraw both hands

YOKO GERI KEKOMI

ATTACKER ***Migi Chudan Yoko Geri Kekomi***

DEFENDER ***Hidari Chudan Soto Ude Uke, Hidari Chudan Kizami Mawashi Geri, Migu Chudan Gyaku Zuki, Hikite Gamai***
Left Mid Outside Forearm Block, Left Mid Front Leg Round House Kick, Right Mid Reverse Punch, withdraw both hands

MAWASHI GERI

ATTACKER ***Migi Jodan Mawashi Geri***

DEFENDER ***Hidari Jodan Haiwan Uke, Migu Chudan Gyaku Zuki, Hikite Gamae***
Left High two arm block, Right Mid Reverse punch, Withdraw both hands

USHIRO GERI

ATTACKER ***Migi Chudan Ushiro Geri*** (Right Mid Back Kick)

DEFENDER ***Migi Gedan Barai 90°, Hidari Chudan Gyaku Zuki, Hikite Gamae***
Right Low Block 90°, Left Mid Reverse Punch, Withdraw both hands

FITNESS

- Run 3 miles
- Situps: 50
- Pushups: 50
- Jumping
Jacks: 50

Defense from High Punch:

Application #12: Tai Sabaki #4, Kiba Dachi, (move inward in a Horse Stance), combined forearm block, mawashi empi (roundhouse elbow strike, vertical arm bar)

Application #13: Tai Sabaki #4, Soto Ude Uke, Uchi Ude Uke, Chudan Empi Uchi, Uraken Zuki, Figure 4 arm lock (moving in, outside block/inside block, side elbow strike, backfist, figure 4 arm lock)

Application #14: Mikazuki Geri, Chudan Empi Uchi, Uraken Zuki, Ippon Seionage (Crescent kick, side elbow strike, back fist, one arm shoulder throw)

General Knowledge

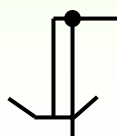
The Kanku Katas were taught to the Okinawans by Master Kwang Shang Fu - Military Attaché to Okinawa in 1724. The Okinawan way of saying his name is *Ku-shanku*. Gichin Funakoshi changed the name to Kanku which means "to view the sky".

Kata Facts

Kanku Dai (Look to the Sky)

This kata is the basis for the five Heian katas.

- Moves: 65
 - Time: 2 minutes
- Embusen:



KATA (Form)

Stripe 3

Kanku Dai (named after Ku San Ku) - No Count

