

Unsu

(Hand In The Clouds)



Unsu Steps

| Step | Technique | Translation | Stance | Stance | Comment |
|------|--|---|-----------------------------|----------------------------------|--------------------------|
| Yoi | | | | | |
| 1 | kaiun no te | both palm heels front of chin both hands then pushing out (cloud parting stance) | heisoku-dachi | feet together closed leg stance | slow |
| 2 | chudan morote keito-uke | middle-level double chicken-head-wrist block | neko-ashi-dachi | cat stance | |
| 3 | migi chudan ippon-nukite / ni-keito-gamae | right middle-level one-finger spear strike / double chicken-head-wrist posture | neko-ashi-dachi | cat stance | |
| 4 | ura ushi-gake / ura ushi-gake | moving in reverse S along ground | neko-ashi-dachi | cat stance | |
| 5 | hidari chudan ippon-nukite / ni-keito-gamae | left middle-level one-finger spear strike / double chicken-head-wrist posture | neko-ashi-dachi | cat stance | |
| 6 | ura ushi-gake / ura ushi-gake | moving in reverse S along ground | neko-ashi-dachi | cat stance | slow |
| 7 | migi chudan ippon-nukite / ni-keito-gamae | right middle-level one-finger spear strike / double chicken-head-wrist posture | neko-ashi-dachi | cat stance | |
| 8 | hidari chudan tate-shuto-uke / migi chudan gyaku-zuki | left middle-level vertical knife-hand block / right middle-level reverse punch | zenkutsu-dachi | front stance | turning to left |
| 9 | migi chudan tate-shuto-uke / hidari chudan gyaku-zuki | right middle-level vertical knife-hand block / left middle-level reverse punch | zenkutsu-dachi | front stance | turn to right |
| 10 | hidari chudan tate-shuto-uke / migi chudan gyaku-zuki | left middle-level vertical knife-hand block / right middle-level reverse punch | zenkutsu-dachi | front stance | facing front |
| 11 | migi chudan tate-shuto-uke / hidari chudan gyaku-zuki | right middle-level vertical knife-hand block / left middle-level reverse punch | zenkutsu-dachi | front stance | facing back |
| 12 | migi tai-otoshi / hidari kasei mawashi-geri | right knee raised from ground / left upwards roundhouse kick | -- | -- | |
| 13 | hidari tai-otoshi / migi kasei mawashi-geri | (flip over) left knee raised from ground / right upwards roundhouse kick | -- | -- | |
| 14 | ryo-seiryuto (kaiun-no-te) | both hands ox-jaw (open cloud hands) | kiba-dachi | horse stance | slow |
| 15 | hidari keito-uke / migi ushiro teisho-barai | left chicken-head wrist block / right palm heel sweep to rear | zenkutsu-dachi | front stance | |
| 16 | migi keito-uke / hidari ushiro teisho-barai | right chicken-head wrist block / left palm heel sweep to rear | zenkutsu-dachi | front stance | reverse feet before move |
| 17 | hidari jodan haito-uchi | left sweeping ridge hand strike | zenkutsu-dachi | front stance | |
| 18 | hidari jodan mae-geri (& pibotto suru) / migi chudan soto-uke / hidari chudan gyaku-zuki | left upper front kick (then pivot on heel) / right middle-level outside-block / left middle-level reverse punch | ashi-dachi / zenkutsu-dachi | raised leg stance / front stance | |
| 19 | migi jodan haito-uchi | right upper ridge hand block | zenkutsu-dachi | front stance | |
| 20 | migi jodan mae-geri (& pibotto suru) / hidari chudan soto-uke / migi chudan gyaku-zuki | right upper front kick (then pivot on heel) / left middle-level outside-block / right middle-level reverse punch | ashi-dachi / zenkutsu-dachi | raised leg stance / front stance | |
| 21 | ryowan-gamae | both fists downward to side posture | heisoku-dachi | feet together closed leg stance | slow |
| 22 | tenshi kenseitai / migi gedan oi-zuki | hi-low feint posture / right downward punch | -- | -- | slow |
| 23 | hidari gedan-zuki | left downward punch | zenkutsu-dachi | front stance | |
| 24 | migi gedan-zuki | right downward punch | zenkutsu-dachi | front stance | |
| 25 | hidari chudan tate shuto-uke | left middle-level vertical knife-hand block | fudo-dachi (sochin dachi) | low & rooted stance | slow |
| 26 | teisho tate hasami-uchi | vertical pal-heel scissors strike | zenkutsu-dachi | front stance | |
| 27 | mae ke-sage & ryosho-tsukamiyose / hidari chudan gyaku-zuki / migi chudan jun-zuki | front thrusting kick & both palms grasping pulling / left middle-level reverse punch / right middle-level front-punch | ashi-dachi / zenkutsu-dachi | raised leg stance / front stance | KIAI |
| 28 | migi sokumen gedan-barai | right side downward block | kiba-dachi | horse stance | |
| 29 | hidari sokumen jodan haito-uke | left side upper ridge-hand block | kiba-dachi | horse stance | |
| 30 | hidari sokumen gedan-shuto-barai | left side gedan-knife-hand block | kiba-dachi | horse stance | |
| 31 | migi sokumen jodan haito-uke | right side upper ridge-hand block | kiba-dachi | horse stance | |
| 32 | hidari sokumen chudan-zuki | left side middle-level punch | kiba-dachi | horse stance | |
| 33 | hidari chudan haishu-uke | left middle-level back-hand-block | kokutsu-dachi | back stance | slow |
| 34 | sempu tobi-geri / ushiro-geri / ryote-fuse | whirlwind jumping kick / reverse kick/ landing face down (palms down) | | | |
| 35 | mawashi kake-uke / teisho awase-zuki | circular hooking block / two-handed palm-heel thrust | sanchin-dachi | hour-glass stance | slow |
| 36 | mawashi kake-uke / teisho awase-zuki | circular hooking block / two-handed palm-heel thrust | sanchin-dachi | hour-glass stance | slow |
| 37 | hidari jodan age-uke / migi chudan gyaku-zuki | left upper rising block / right middle-level reverse punch | fudo-dachi (sochin dachi) | low & rooted stance | KIAI |
| Yame | | | | | |

Stances:



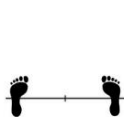
hachiji-dachi



neko-ashi-dachi



zenkutsu-dachi



kiba-dachi



ashi-dachi



heisoku-dachi



fudo-dachi