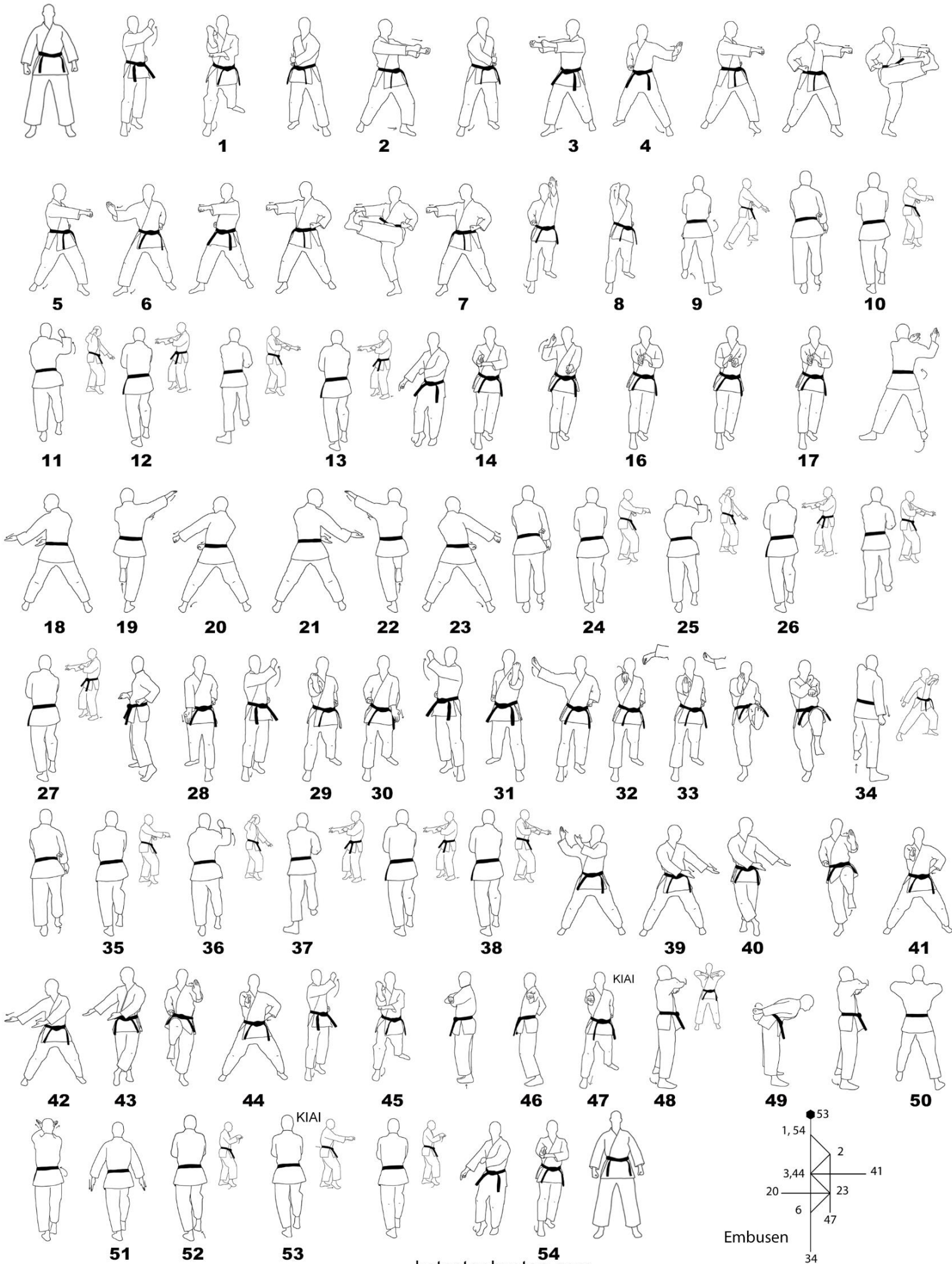


Gojushiho Dai

(Fifty Four Steps - big)



Gojushiho Dai Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	migi uraken-uchi	right backfist strike	zenkutsu-dachi	front stance	slow
2	heiko tate-zuki	two handed parallel vertical punch	zenkutsu-dachi	front stance	slow
3	heiko tate-zuki	two handed parallel vertical punch	zenkutsu-dachi	front stance	slow
4	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	zenkutsu-dachi	front stance	
5	migi chudan gyaku-zuki / hidari chudan zuki / migi mae-geri / migi chudan gyaku-zuki	right middle-level reverse punch / left middle-level punch / right front kick / right middle-level reverse punch (step back)	zenkutsu-dachi	front stance	
6	migi chudan tate shuto-uke	right middle-level vertical knife-hand block	zenkutsu-dachi	front stance	
7	hidari chudan gyaku-zuki / migi chudan zuki / hidari mae-geri / hidari chudan gyaku-zuki	left middle-level reverse punch / right middle-level punch / left front kick / left middle-level reverse punch (step back)	zenkutsu-dachi	front stance	
8	migi tate empi-uchi	right vertical elbow-strike (stepping forward)	zenkutsu-dachi	front stance	
9	koko hiza-kuzushi	scooping block & knee takedown	zenkutsu-dachi	front stance	
10	migi keito-uke (kitsutsuki no kamae)	right chicken-head wrist block (woodpecker posture)	neko-ashi-dachi	cat stance	
11	migi keito-uke-nagashi / hidari gedan shuto-osae	right chicken-head wrist posture / left downward knife-hand press	neko-ashi-dachi	cat stance	
12	migi ippon-nukite	right downward one-finger spear-hand strike	(suri-ashi) neko-ashi-dachi	sliding cat stance	
13	hidari ippon-nukite / migi ippon-nukite	left downward one-finger spear-hand strike / right downward one-finger spear-hand strike	neko-ashi-dachi	cat stance	
14	migi keito-uke (kitsutsuki no gamae)	right chicken-head wrist block (woodpecker posture)	neko-ashi-dachi	cat stance	
15	migi keito-uke-nagashi / hidari gedan shuto-osae	right chicken-head wrist posture / left downward knife-hand press	neko-ashi-dachi	cat stance	
16	migi ippon-nukite	right downward one-finger spear-hand strike	(suri-ashi) neko-ashi-dachi	sliding cat stance	
17	hidari ippon-nukite / migi ippon-nukite	left downward one-finger spear-hand strike / right downward one-finger spear-hand strike	neko-ashi-dachi	cat stance	
18	morote kaishu gedan-uke	two-handed downward block	kiba-dachi	horse-riding stance	
19	(jotai-sonomama)	(upper body as is)	kosa-dachi	crossing stance	
20	jodan koko morote-uke / fumikomi / sokumen gedan morote-otoshi	upper two handed block / stamping kick / grab & two handed drop	kiba-dachi	horse-riding stance	
21	morote kaishu gedan-uke	two-handed downward block	kiba-dachi	horse-riding stance	
22	kosa-dachi	(upper body as is)	kosa-dachi	crossing stance	
23	jodan koko morote-uke / fumikomi / sokumen gedan morote-otoshi	upper two handed block / stamping kick / grab & two handed drop	kiba-dachi	horse-riding stance	
24	migi keito-uke	right chicken-head wrist block (woodpecker posture)	neko-ashi-dachi	cat stance	
25	migi keito-uke-nagashi / hidari gedan shuto-osae	right chicken-head wrist posture / left downward knife-hand press	neko-ashi-dachi	cat stance	
26	migi ippon-nukite	right downward one-finger spear-hand strike	(suri-ashi) neko-ashi-dachi	sliding cat stance	
27	hidari ippon-nukite / migi ippon-nukite	left downward one-finger spear-hand strike / right downward one-finger spear-hand strike	neko-ashi-dachi	cat stance	
28	migi gedan shuto-uchi (hira-nukite)	left downward knife-hand strike (or finger spear-hand strike)	zenkutsu-dachi	front stance	
29	migi uraken-uchi	right vertical back-fist strike	zenkutsu-dachi	front stance	
30	hidari gedan shuto-uchi (hira-nukite)	left downward knife-hand strike (or finger spear-hand strike)	zenkutsu-dachi	front stance	
31	hidari uraken-uchi	left vertical back-fist strike	zenkutsu-dachi	front stance	
32	migi washide otoshi-uchi	right eagle-hand downward strike	zenkutsu-dachi	front stance	
33	migi washide age-uchi	right eagle-hand rising thrust	zenkutsu-dachi	front stance	
34	hidari mae-geri / gedan kosa-zuki / hidari jodan empi-uchi / migi ushiro-gedan-uke	left front kick / downward cross punch / left upper elbow strike / right reverse downward block	ashi-dachi / hiza-kutsu-dachi	one foot stance / bent knee stance	
35	migi keito-uke	right chicken-head wrist block (woodpecker posture)	neko-ashi-dachi	cat stance	
36	migi keito-uke-nagashi / hidari gedan shuto-osae	right chicken-head wrist posture / left downward knife-hand press	neko-ashi-dachi	cat stance	
37	migi ippon-nukite	right downward one-finger spear-hand strike	(suri-ashi) neko-ashi-dachi	sliding cat stance	
38	hidari ippon-nukite / migi ippon-nukite	left downward one-finger spear-hand strike / right downward one-finger spear-hand strike	neko-ashi-dachi	cat stance	
39	morote kaishu gedan-uke	two-handed downward block	kiba-dachi	horse-riding stance	
40	(jotai-sonomama) hiza-gamae	(upper body as is) knee-raise	kosa-dachi	crossing stance	
41	hidari chudan tate shuto-uke / fumikomi / migi tate-nukite / hidari yoko hari-empi	left vertical knife-hand block / stamping kick/ right 4-finger vertical spear-hand strike & left elbow guard hip posture	kiba-dachi	horse-riding stance	
42	morote kaishu gedan-uke	two-handed downward block	kiba-dachi	horse-riding stance	
43	(jotai-sonomama) hiza-gamae	(upper body as is) knee-raise	kosa-dachi	crossing stance	
44	hidari chudan tate shuto-uke / fumikomi / migi tate-nukite / hidari yoko hari-empi	left vertical knife-hand block / stamping kick/ right 4-finger vertical spear-hand strike & left elbow guard hip posture	kiba-dachi	horse-riding stance	
45	migi uraken-uchi	right water flowing back-fist posture (vertical back-fist strike)	zenkutsu-dachi	front stance	slow
46	hidari chudan tettsumi-uchi	left hammer fist strike	kiba-dachi	horse-riding stance	
47	hidari chudan oi-zuki	left lunge punch	zenkutsu-dachi	front stance	KIAI
48	suihei hiji-gamae	horizontal elbows to side posture at chest level	hachiji-dachi	natural stance	
49	ushiro tettsumi hasami-uchi / suihei hiji-gamae	double reverse hammer-fist scissors strike / horizontal elbows to side posture	hachiji-dachi	natural stance	
50	suihei hiji-gamae	horizontal elbows to side posture	zenkutsu-dachi	front stance	
51	ryo kaishu-gamae	both palms wedge block	neko-ashi-dachi	cat stance	
52	morote keito-uke	both hands chicken-head wrist rising block	neko-ashi-dachi	cat stance	
53	morote gedan ippon-nukite / morote keito-uke	both downward one-finger spear-hand strike / both hands chicken-head wrist rising block	neko-ashi-dachi	cat stance	KIAI
54	migi keito-uke	right chicken-head wrist block	neko-ashi-dachi	cat stance	
Yame			hachiji-dachi	natural stance	

Stances:



hachiji-dachi



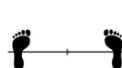
zenkutsu-dachi



ashi-dachi



neko-ashi-dachi



kiba-dachi



kosa-dachi



hiza-kutsu