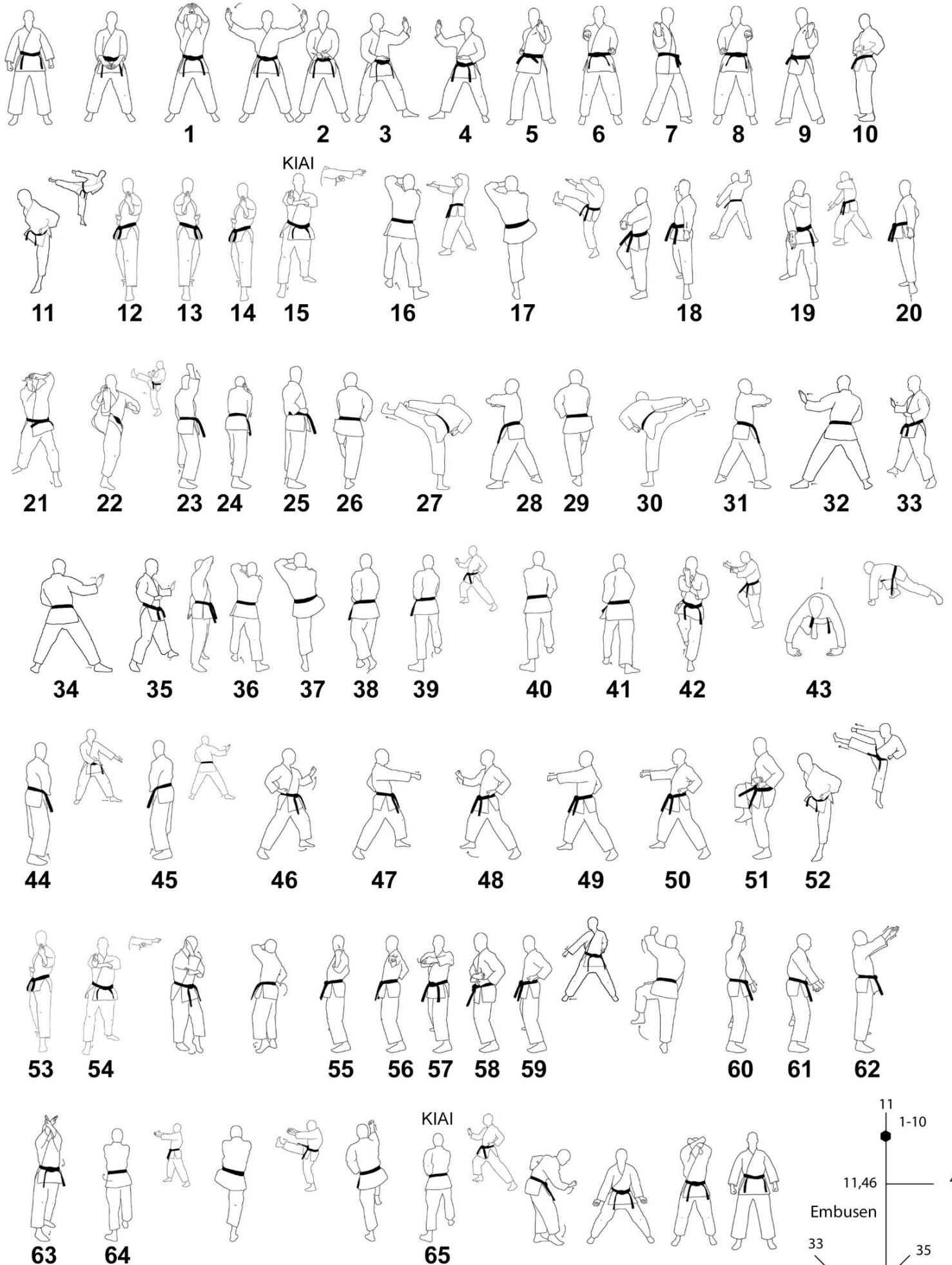


# Kanku Dai

(To Look At The Sky - big)



# Kanku Dai Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	ryote-hitae-mae-ue	both hands in front and above forehead	hachiji-dachi	natural stance	slow
2	ryote-kafukubu-mae	both hands in front of abdomen	hachiji-dachi	natural stance	slow
3	hidari jodan haiwan-uke	left upper back of forearm block	kokutsu-dachi	back stance	
4	migi jodan haiwan-uke	right upper back of forearm block	kokutsu-dachi	back stance	
5	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	hachiji-dachi	natural stance	slow
6	migi chudan-zuki	right middle-level punch	hachiji-dachi	natural stance	
7	migi chudan uchi-uke	right middle-level inside block	hiza-kutsu	knee bend	
8	hidari chudan-zuki	left middle-level punch	hachiji-dachi	natural stance	
9	hidari chudan uchi-uke	left middle-level inside block	hiza-kutsu	knee bend	
10	ryoken-koshi-gamae	both fists hip posture	ashi-dachi	raised leg stance	
11	migi yoko-geri-keage / migi jodan yoko-mawashi uraken-uchi	right side snap kick / right upper sideways back-fist strike	ashi-dachi	raised leg stance	
12	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
13	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
14	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
15	hidari osae-uke / migi chudan shihon-nukite (tate-nukite)	left pressing block / right four finger spear-hand strike (vertical spear-hand strike)	zenkutsu-dachi	front stance	KIAI
16	shuto-jodan-barai & jodan-uke / shuto-soto-mawashi-uchi	upper right knife-hand sweep & left hand face block / outside sword-hand strike	sho zenkutsu-dachi	shortened front stance	
17	migi jodan mae-geri	right upper front kick	ashi-dachi	raised leg stance	
18	manji-uke (migi jodan-uchi-uke / hidari gedan-barai)	swirling posture right downward block / left upper inside block	kokutsu-dachi	back stance	
19	hidari nagashi-uke / migi gedan shuto-uchikomi	left sweeping block / right lower knife-hand thrusting strike	zenkutsu-dachi	extended front stance	
20	hidari gedan-gamae	left downward block (gesture)	renoji-dachi	L-stance	slow
21	shuto-jodan-barai & jodan-uke / shuto-soto-mawashi-uchi	upper right knife-hand sweep & left hand face block / outside sword-hand strike	sho zenkutsu-dachi	shortened front stance	
22	migi jodan mae-geri	right high front kick	ashi-dachi	raised leg stance	
23	manji-uke (migi jodan-uchi-uke / hidari gedan-barai)	swirling posture right downward block / left upper inside block	kokutsu-dachi	back stance	
24	hidari nagashi-uke / migi gedan-nukite	flowing block / knife-hand thrusting strike	zenkutsu-dachi	extended front stance	
25	hidari gedan-gamae	left downward blocking posture	renoji-dachi	L-stance	slow
26	koshi-gamae	both fists on hip posture	ashi-dachi	raised leg stance	
27	hidari yoko-geri-keage / hidari jodan yoko-mawashi uraken	left side snap kick / left upper sideways back-fist strike	ashi-dachi	raised leg stance	
28	migi chudan mae empi-uchi	right middle-level front elbow-strike	zenkutsu-dachi	front stance	
29	ryoken-koshi-gamae	both fists hip posture	ashi-dachi	raised leg stance	
30	migi yoko-geri-keage / migi yoko-mawashi uraken-uchi	right side snap kick / right sideways back-fist strike	ashi-dachi	raised leg stance	
31	hidari chudan mae empi-uchi	left middle-level front elbow-strike	zenkutsu-dachi	front stance	
32	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
33	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
34	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
35	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
36	jodan shuto-jodan-barai & jodan-uke / shuto-soto-mawashi-uchi	right upper knife-hand sweep & left hand face block / outside sword-hand strike	sho zenkutsu-dachi	shortened front stance	
37	migi jodan mae-geri	right upper front kick	ashi-dachi	raised leg stance	
38	migi chudan uraken-tate-mawashi-uchi	right middle-level vertical back-fist strike	kosa-dachi	crossing stance	
39	uchi-uke	inside block	zenkutsu-dachi	front stance	
40	gyaku-zuki	reverse punch	zenkutsu-dachi	front stance	
41	hidari chudan gyaku-zuki	left middle-level reverse punch	zenkutsu-dachi	front stance	
42	migi chudan-zuki	right middle-level punch	ashi-dachi	raised leg stance	
43	migi ura-zuki / hiza-gamae	right close punch / knee lift posture	zenkutsu-dachi	(extended) front stance	
44	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
45	hidari chudan uchi-uke	left middle-level inside block	kokutsu-dachi	back stance	
46	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
47	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
48	hidari chudan gyaku-zuki	left middle-level reverse punch	zenkutsu-dachi	front stance	
49	migi chudan-zuki	right middle-level punch	zenkutsu-dachi	front stance	
50	zuki	punch	zenkutsu-dachi	front stance	
51	ryoken-koshi-gamae	both fists hip posture	ashi-dachi	raised leg stance	
52	migi uraken-yoko-mawashi-uchi / migi yoko-geri-keage	right sideways back-fist strike / right side snap kick	ashi-dachi	raised leg stance	
53	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
54	hidari osae-uke / right shihon-nukite (tate-nukite)	left pressing block / right four finger spear-hand strike (vertical spear-hand strike)	zenkutsu-dachi	front stance	
55	hidari uraken-tate-mawashi-uchi	left vertical back-fist strike	kiba-dachi	horse stance	
56	hidari chudan tetsui-uchi	left middle-level inside hammer-fist strike	kiba-dachi	horse stance	
57	migi sokumen empi-uchi	right side elbow-strike	kiba-dachi	horse stance	
58	ryoken-koshi-gamae	both fists hip posture	kiba-dachi	horse stance	
59	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse stance	
60	ryo-ude mawashi-uke	double arm circular block	kiba-dachi	horse stance	
61	migi otoshi-zuki	right dropping punch	kiba-dachi	horse stance	
62	kaisho-kosa-uke (ryosho-juji-uke)	both palms crossing block (X-block)	hachiji-dachi	natural stance	
63	ashi-jiku-mawari	foot pivot rotation	zenkutsu-dachi	front stance	
64	ryoken-mune-mae-kosa	both fists crossed in front of chest	zenkutsu-dachi	front stance	slow
65	hidari tobi-geri / migi tobi-geri (nidan geri) / uraken-tate-mawashi-uchi	left jumping kick / right jumping kick (double kick) / right middle-level vertical backfist strike	zenkutsu-dachi	front stance	KIAI
Yame					

Stances:

