

Meikyo / Rohai

(Polished Mirror / Vision Of A White Crane)

Embusen



Meikyo / Rohai Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	ryoken-ryokoshi-gamae	both fists on both hips posture	kiba-dachi	horse stance	slow
2	ryosho kubi mae-awase / ryosho-kakiwake-uke (joshin-gamae)	hands in front of neck/ both palms triangle wedge block (mind-cleaning posture)	kiba-dachi	horse stance	slow
3	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
4	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
5	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
6	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
7	morote jo-uke	double handed staff (stick block)	kokutsu-dachi	back stance	slow
8	jo-zukami	staff twist and thrust	zenkutsu-dachi	front stance (narrow)	
9	jo-zukami sonomama	staff twist to rear		twisting direction 180deg	
10	ryoken-ryokoshi-gamae	both fists on both hips posture	kiba-dachi	horse stance	slow
11	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	Variant: chudan uchi-uke
12	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
13	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	Variant: chudan uchi-uke
14	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
15	morote jo-uke	double handed staff (stick block)	kokutsu-dachi	back stance	slow
16	jo-zukami	staff twist and thrust	zenkutsu-dachi	front stance (narrow)	
17	jo-zukami sonomama	staff twist to rear		twisting direction 180deg	
18	ryoken-ryokoshi-gamae	both fists on both hips posture	kiba-dachi	horse stance	slow
19	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	Variant: jodan age-uke
20	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
21	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	Variant: jodan age-uke
22	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
23	hidari chudan tettsumi-uchi	left middle-level inside hammer-fist strike	kiba-dachi	horse stance	
24	mikazuki-geri	crescent kick	ashi-dachi	raised leg stance	KIAI
25	ryowan gedan kakiwake-uke	lower both fists wedge block	kokutsu-dachi	back stance	
26	morote haiwan-uke	back of arm block / forearm forehead posture	kokutsu-dachi	back stance	
27	morote haiwan-uke	back of arm block / forearm forehead posture	kokutsu-dachi	back stance	
28	jodan juji-uke / ryowan gedan kakiwake-uke	upper both fists cross block (X-block) / lower both fists wedge block	zenkutsu-dachi	front stance	slow
29	ryoken-uchi-uke	double inside block	kokutsu-dachi	back stance	
30	morote kizami ura-zuki	double front close punch	kokutsu-dachi	back stance	
31	hidari jodan age-uke	left upper rising block	kokutsu-dachi	back stance	
32	sankaku-tobi / empi-uchi	jumping spin and elbow-strike against palm	--	--	KIAI
33	migi jodan shuto-uke	right upper knife-hand block	kokutsu-dachi	back stance	
34	hidari jodan shuto-uke	left upper knife-hand block	kokutsu-dachi	back stance	
Yame					

Stances:

