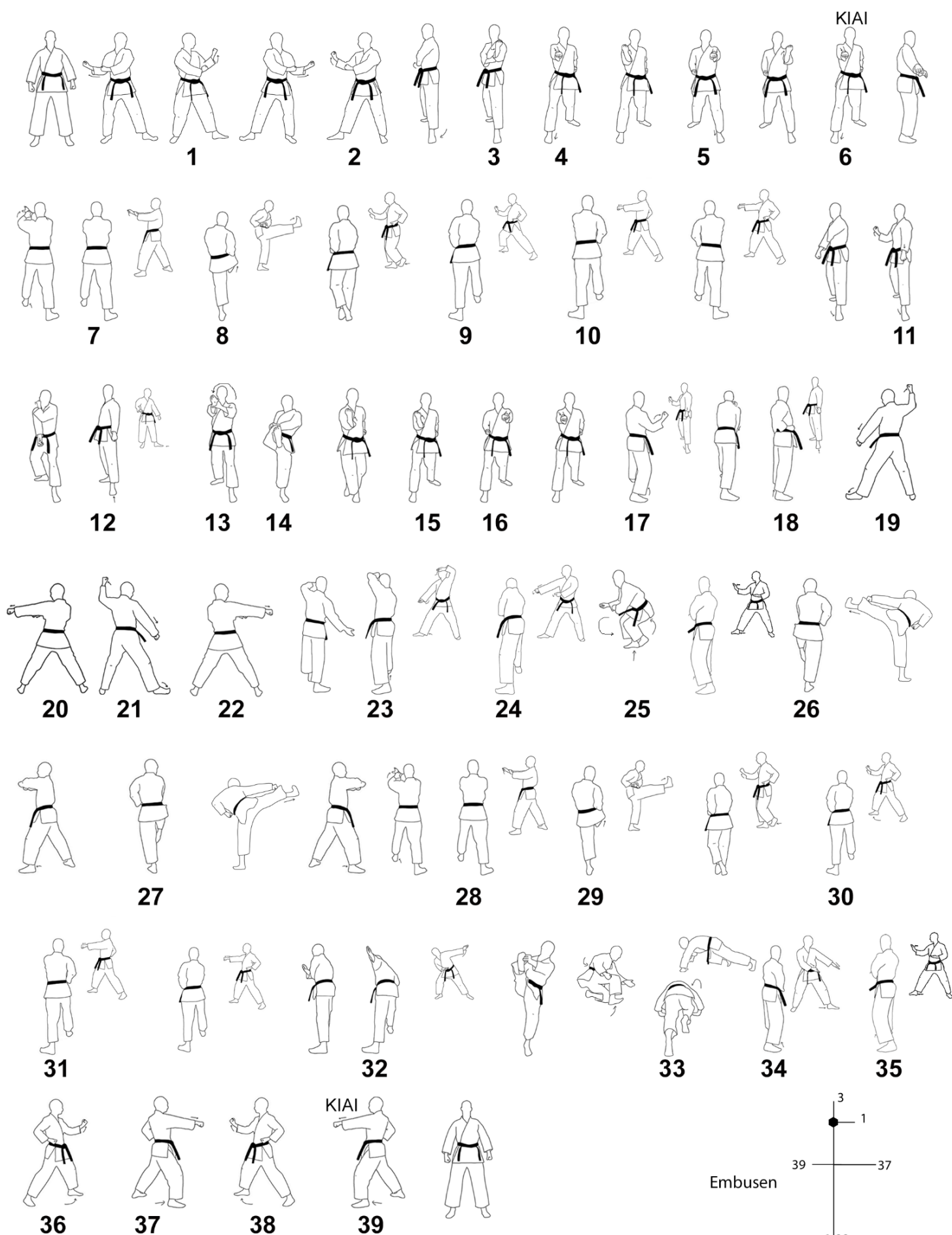


Kanku Sho

(To Look At The Sky - small)



Kanku Sho Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	hidari chudan morote-uke	left middle-level augmented block	kokutsu-dachi	back stance	
2	migi chudan morote-uke	right middle-level augmented block	kokutsu-dachi	back stance	
3	hidari chudan morote-uke	left middle-level augmented block	kokutsu-dachi	back stance	
4	migi chudan oi-zuki / hineri-kaeshi	right middle-level stepping punch / forearm twist	zenkutsu-dachi	front stance	
5	hidari chudan oi-zuki / hineri-kaeshi	left middle-level stepping punch / forearm twist	zenkutsu-dachi	front stance	
6	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
7	soete kake-dori	augmented hooking grasping block	zenkutsu-dachi	front stance	slow
8	tsukami-dori / migi chudan mae-geri / hidari chudan osae-uke / migi tate uraken-uchi	grasping clutch/ right middle-level front kick / left middle-level pressing block / right vertical backfist strike	kosa-dachi	crossing stance	
9	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
10	hidari chudan gyaku-zuki / migi chudan jun-zuki	left middle-level reverse punch / right middle level punch	zenkutsu-dachi	front stance	
11	kasui-ken (migi chudan uchi-uke / hidari gedan-barai)	side right middle-level inside block / front left downward block)	kokutsu-dachi	back stance	
12	hidari gedan-barai	left downward block	renoji-dachi	L-stance	slow
13	soete kake-dori	augmented hooking grasp	zenkutsu-dachi	front stance	slow
14	tsukami-dori / migi chudan mae-geri / hidari chudan osae-uke / migi tate uraken-uchi	grasping clutch/ right middle-level front kick / left middle-level pressing block / right vertical backfist strike	kosa-dachi	crossing stance	
15	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
16	hidari chudan gyaku-zuki / migi chudan jun-zuki	left middle-level reverse punch / right middle level punch	zenkutsu-dachi	front stance	
17	kasui-ken (migi chudan uchi-uke / hidari gedan-barai)	side right middle-level inside block / front left downward block)	kokutsu-dachi	back stance	
18	gedan-gamae	downward blocking posture	renoji-dachi	L-stance	slow
19	manji-uke (migi jodan-uchi-uke / hidari gedan-barai)	swirling posture right downward block / left upper inside block)	kokutsu-dachi	back stance	
20	sokumen morote-zuki	side double punch	kiba-dachi	horse stance	
21	manji-uke (hidari jodan-uchi-uke / migi gedan-barai)	swirling posture (left upper-inside block / right downward block)	kokutsu-dachi	back stance	
22	migi chudan uchi-uke / sokumen morote-zuki	right middle-level inside block / side double punch	kiba-dachi	horse stance	
23	morote jo-uke	double handed staff (stick block)	kokutsu-dachi	back stance	slow
24	jo-sukami zuki-otoshi	staff grab and thrust	fudo-dachi (sochin dachi)	low & rooted stance	
25	tenshin / tobi-geri / migi chudan shuto-uke	body rotation / jumping kick / right middle-level knife-hand block	kokutsu-dachi	back stance	
26	koshi-gamae / hidari yoko-geri keage / hidari yoko-mawashi uraken-uchi / migi mae empi-uchi	both fists on hip posture / left side snap kick / left sideways back-fist strike / right front elbow-strike	ashi-dachi	raised leg stance	
27	koshi-gamae / migi yoko-geri keage / migi yoko-mawashi uraken-uchi / hidari mae empi-uchi	both fists on hip posture / right side snap kick / right sideways back-fist strike / left front elbow-strike	ashi-dachi	raised leg stance	
28	soete kake-dori	augmented hooking grasping block	zenkutsu-dachi	front stance	slow
29	tsukami-dori / migi chudan mae-geri / hidari chudan hirate osae-uke / migi tate uraken-uchi	grasping clutch/ right middle-level front kick / left middle-level slapping pressing block / right vertical backfist strike	kosa-dachi	crossing stance	
30	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
31	hidari chudan gyaku-zuki / migi chudan jun-zuki	left middle-level reverse punch / right middle-level front-punch	zenkutsu-dachi	front stance	
32	hidari ushiro jodan haishu-uke	left reverse upper back-hand-block	hiza-kutsu	knee bend (long leaning front stance)	slow
33	jodan tobi ashi-barai / tobi ushiro-geri / ryote-fuse	upper jumping leg sweep / jumping back kick / drop to floor	zenkutsu-dachi	front stance (long)	
34	morote gedan shuto-uke	double lower knife-hand block	kokutsu-dachi	back stance	
35	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
36	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
37	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
38	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
39	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yame					

Stances:

