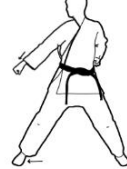
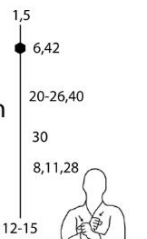


# Gankaku

## (Crane On Rock)

Embusen



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# Gankaku Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	haishu awase-uke	back-hand combined block	kokutsu-dachi	back stance	
2	gyaku te-dori / hidari chudan-zuki	grasping pulling back / left middle-level punch	kokutsu-dachi	back stance	
3	hidari chudan zuki (sokumen-zuki)	left punch (side punch)	kokutsu-dachi	back stance	
4	migi chudan gyaku-zuki	right middle-level reverse punch	kokutsu-dachi	back stance	
5	migi sokumen gedan-barai / migi fumikomi-geri	right side downward block / right stamping kick	kiba-dachi	horse stance	
6	jodan haishu juji-uke	upper back-hand both fists cross block (X-block)	zenkutsu-dachi	front stance	
7	ryoken-mune-mae-kosa	both fists crossed in front of chest	zenkutsu-dachi	front stance	slow
8	nidan-geri (migi tobi mae-geri) / nidan-geri (hidari tobi mae-geri) / gedan juji-uke	double jumping kick (right jumping front kick) / double jumping kick (left jumping front kick) / lower both fists cross block (X-block)	--	--	
9	gedan juji-uke	lower both fists cross block (X-block)	zenkutsu-dachi	front stance	
10	morote gedan-uke	two-handed downward block	kokutsu-dachi	back stance	
11	morote gedan shuto-uke	double handed lower knife-hand block	kokutsu-dachi	back stance	
12	chudan shuto kakiwake-uke	middle-level double knife hand wedge block	zenkutsu-dachi	front stance	slow
13	chudan haito kakiwake-uke	middle-level ridge hand wedge block	kiba-dachi	horse stance	slow
14	ryowan-gamae	both fists downward to side posture	hachiji-dachi	natural stance	slow
15	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
16	manji-uke (hidari jodan uchi-uke / migi gedan-barai)	swirling block (left upper inside block / right downward block)	kokutsu-dachi	back stance	
17	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
18	gedan juji-uke	lower both fists cross block (X-block)	laigoshi-dachi	single knee stance	
19	ryowan chudan uchi-uke	double middle-level inside block	kiba-dachi	horse stance	slow
20	ryowan-gamae	both fists downward to side posture	hachiji-dachi	natural stance	slow
21	ryoken koshi-gamae	fists on hip posture	hachiji-dachi	natural stance	
22	migi hiji-barai	right sweeping elbow block	hiza-kutsu	knee bend	
23	hidari hiji-barai	left sweeping elbow block	hiza-kutsu	knee bend	
24	ryoken-kakiwake-uke	both fists wedge block	kosa-dachi	crossing stance	slow
25	uchi-uke-kamae / gedan-kamae (manji-kamae)	inside block / downward block posture (swirling posture)	ashi-dachi	raised leg stance	slow
26	ryoken-koshi-gamae	both fists hip posture	ashi-dachi	raised leg stance	slow
27	hidari yoko-geri keage / hidari yoko-mawashi uraken-uchi	left side snap kick / left sideways back-fist strike	ashi-dachi	raised leg stance	
28	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
29	uchi-uke-kamae / gedan-kamae (manji-kamae)	inside block / downward block posture (swirling posture)	ashi-dachi	raised leg stance	slow
30	ryoken-koshi-gamae	both fists hip posture	tsuru ashi-dachi	raised leg crane stance	slow
31	migi yoko-geri keage / migi yoko-mawashi uraken-uchi	right side snap kick / right sideways back-fist strike	tsuru ashi-dachi	raised leg crane stance	
32	hidari sokumen-zuki (gyaku-zuki)	left reverse punch (side punch)	kiba-dachi	horse stance	
33	uchi-uke-kamae / gedan-kamae (manji-kamae)	inside block / downward block posture (swirling posture)	tsuru ashi-dachi	raised leg crane stance	slow
34	ryoken-koshi-gamae	both fists hip posture	tsuru ashi-dachi	raised leg crane stance	slow
35	hidari yoko-geri keage / hidari yoko-mawashi uraken-uchi	left side snap kick / left sideways back-fist strike	tsuru ashi-dachi	raised leg crane stance	
36	migi sokumen-zuki (gyaku-zuki)	right reverse punch (side punch)	kiba-dachi	horse stance	
37	migi jodan shuto-uke	right upper knife-hand block	sho zenkutsu-dachi	shortened front stance	
38	tate empi-uchi	vertical elbow-strike (into palm)	sho zenkutsu-dachi	shortened front stance	
39	soete koshi-gamae	palm under fist on hip posture	sho zenkutsu-dachi	shortened front stance	
40	ryoken-koshi-gamae	(raise hands above head, spin 270deg) both fists hip posture	tsuru ashi-dachi	raised leg crane stance	
41	hidari yoko-geri keage / hidari yoko-mawashi uraken-uchi	left side snap kick / left sideways back-fist strike	tsuru ashi-dachi	raised leg crane stance	
42	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yame					

Stances:

