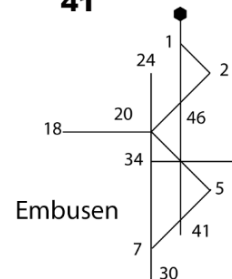


(Fifty Four Steps - small)



Gojushiho Sho 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	chudan kakiwake-uke	middle-level both fists wedge block	kokutsu-dachi	back stance	slow
3	chudan kakiwake-uke	middle-level both fists wedge block	kokutsu-dachi	back stance	slow
4	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	zenkutsu-dachi	front stance	slow
5	migi chudan gyaku-zuki / hidari chudan zuki / migi mae-geri / migi chudan oi-zuki	right middle-level reverse punch / left middle-level punch / right front kick / right middle-level stepping punch	zenkutsu-dachi	front stance	
6	migi chudan tate shuto-uke	right middle-level vertical knife-hand block	zenkutsu-dachi	front stance	slow
7	hidari chudan gyaku-zuki / migi chudan zuki / hidari mae-geri / hidari chudan oi-zuki	left middle-level reverse punch / right middle-level punch / left front kick / left middle-level stepping punch	zenkutsu-dachi	front stance	
8	migi tate empi-uchi	right vertical elbow-strike (step back)	zenkutsu-dachi	front stance	
9	shuto-nagashi-uke (ryu-un-no-uke)	knife-hand flowing block (flowing cloud block)	kokutsu-dachi	back stance	slow
10	kaishu kosa-gamae	both fists on hips posture	kokutsu-dachi	back stance	
11	migi shihon-tate-nukite	right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
12	hidari shihon-tate-nukite / migi shihin-tate-nukite	left vertical 4-finger spear-hand strike / right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
13	shuto-nagashi-uke (ryu-un-no-uke)	knife-hand flowing block (flowing cloud block)	kokutsu-dachi	back stance	slow
14	kaishu kosa-gamae	back-hand palm upwards block / knife-hand downward block	kokutsu-dachi	back stance	
15	migi shihin-tate-nukite	right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
16	hidari shihon- nukite / migi shihon- nukite	left four-finger- spear-hand strike / right four-finger- spear-hand strike	zenkutsu-dachi	front stance	
17	morote kaishu gedan-uke	two-handed open handed downward block	kiba-dachi	horse-riding stance	
18	fumikomi / hidari koshi-gamae	stamping kick / left both fists on hip posture	kosa-dachi / kiba-dachi	crossing stance / horse-riding stance	
19	morote kaishu gedan-uke	two-handed open handed downward block	kiba-dachi	horse-riding stance	
20	fumikomi / migi koshi-gamae	stamping kick / right both fists on hip posture	kosa-dachi / kiba-dachi	crossing stance / horse-riding stance	
21	shuto-nagashi-uke (ryu-un-no-uke)	knife-hand flowing block (flowing cloud block)	kokutsu-dachi	back stance	slow
22	kaishu kosa-gamae	both fists on hips posture	kokutsu-dachi	back stance	
23	migi shihin-tate-nukite	right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
24	hidari shihin-tate-nukite / migi shihin-tate-nukite	left vertical 4-finger spear-hand strike / right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
25	migi jodan shuto-uchi / gyaku-hanmi	right upper knife-hand strike / 45deg hip twist	zenkutsu-dachi	front stance	slow
26	migi jodan shuto-uke	right upper knife-hand block	zenkutsu-dachi	front stance	
27	hidari jodan shuto-uchi / gyaku-hanmi	left upper knife-hand strike / 45deg hip twist	zenkutsu-dachi	front stance	slow
28	hidari jodan shuto-uke	left upper knife-hand block	zenkutsu-dachi	front stance	
29	migi chudan gyaku-uchi-uke / gyaku-hanmi	right middle level inside block / 45deg hip twist	zenkutsu-dachi	front stance	
30	migi mae-geri / migi nagashi-uke / hidari otoshi-zuki / migi ushiro gedan-barai	right front kick / right sweeping block / left dropping punch / right reverse downward block (stepping back with left leg)	kosa-dachi / zenkutsu-dachi	crossing stance / front stance	
31	shuto-nagashi-uke (ryu-un-no-uke)	knife-hand flowing block (flowing cloud block)	kokutsu-dachi	back stance	slow
32	kaishu kosa-gamae	back-hand palm upwards block / knife-hand downward block	kokutsu-dachi	back stance	
33	migi shihin-tate-nukite	right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
34	hidari shihin-tate-nukite / migi shihin-tate-nukite	left vertical 4-finger spear-hand strike / right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
35	morote kaishu gedan-uke	two-handed open handed downward block	kiba-dachi	horse-riding stance	
36	hidari tata shuto chudan uchi-uke & hiza-gamae /fumikomi / migi chudan-zuki	vertical knife hand push (block) & knee raise /stamping kick / right middle level punch	kosa-dachi / kiba-dachi	crossing stance/ horse-riding stance	
37	morote kaishu gedan-uke	two-handed open handed downward block	kiba-dachi	horse-riding stance	
38	hidari tata shuto chudan uchi-uke & hiza-gamae /fumikomi / migi chudan-zuki	vertical knife hand push (block) & knee raise / stamping kick / right middle level punch	kosa-dachi / kiba-dachi	crossing stance/ horse-riding stance	
39	migi uraken-uchi	right backfist strike	zenkutsu-dachi	front stance	
40	hidari chudan tettsui-uchi / migi chudan oi-zuki	left middle-level inside hammer-fist strike / right middle-level stepping punch	kiba-dachi / zenkutsu-dachi	horse-riding stance / front stance	KIAI
41	ryowan zenpo-nobashi / ushiro tettsui hasami-uchi / ryoken koshi-gamae	both arms stretching forward / both hammer fist strike to rear	hachiji-dachi	natural stance	
42	shuto-nagashi-uke (ryu-un-no-uke)	both fists on both hips posture	zenkutsu-dachi	front stance	
43	ryo kaishu-gamae	both arms lowered away from sides with palms open and facing down	neko-ashi-dachi	cat stance	
44	morote keito-uke	double chicken-head-wrist block	neko-ashi-dachi	cat stance	slow
45	morote seiryuto-uchi	two-handed ox-jaw strike	neko-ashi-dachi	cat stance	KIAI
46	shuto-nagashi-uke (ryu-un-no-uke)	knife-hand flowing block (flowing cloud block)	kokutsu-dachi	back stance	slow
Yame			hachiji-dachi	natural stance	

Stances:

