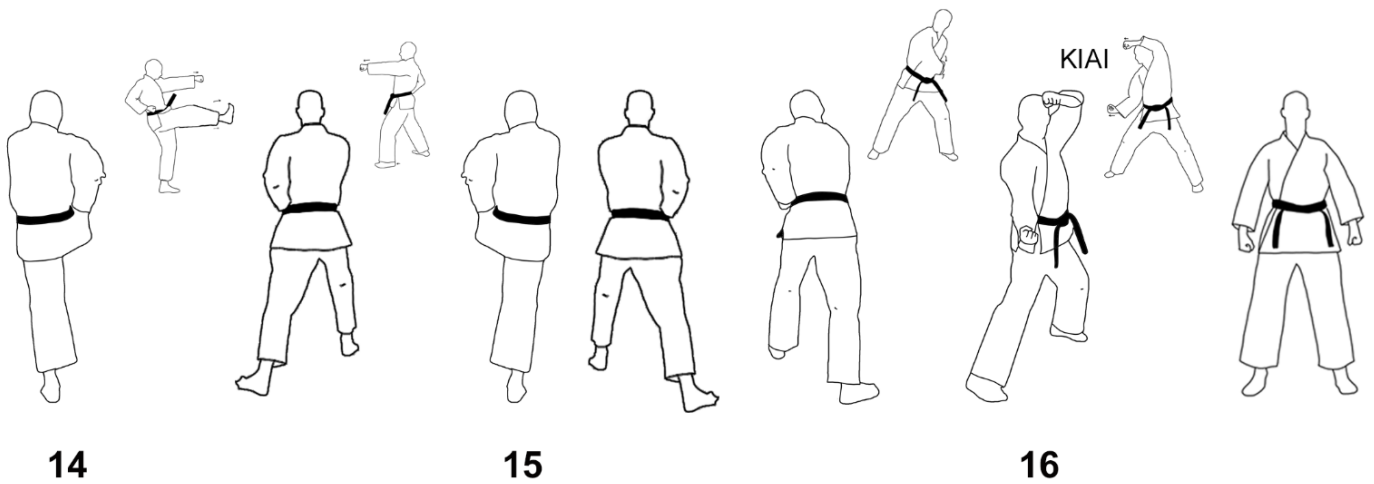
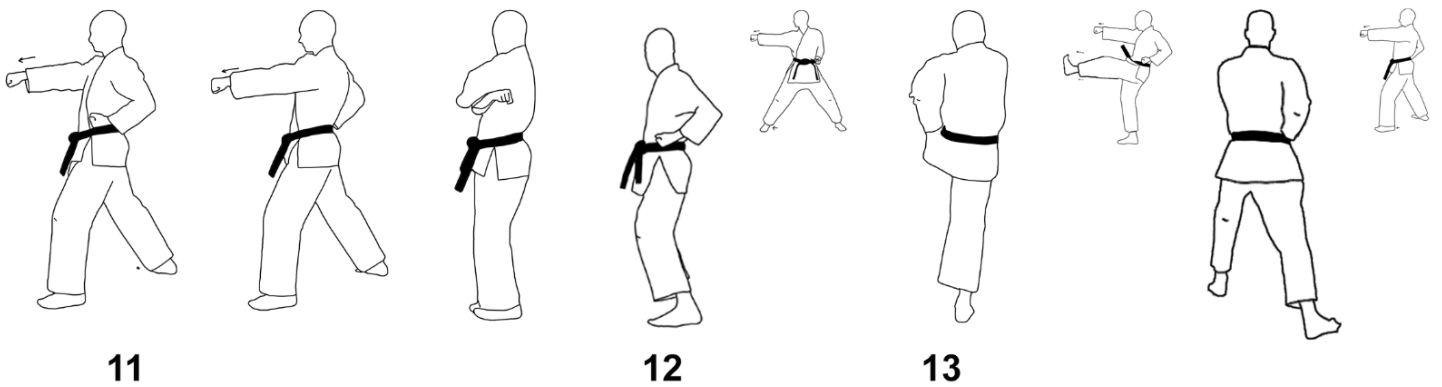
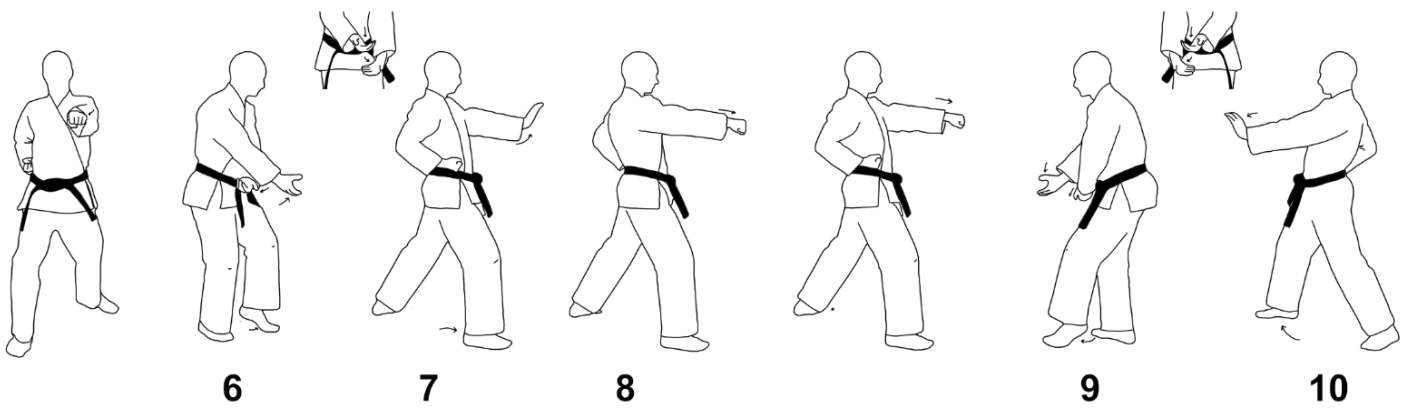
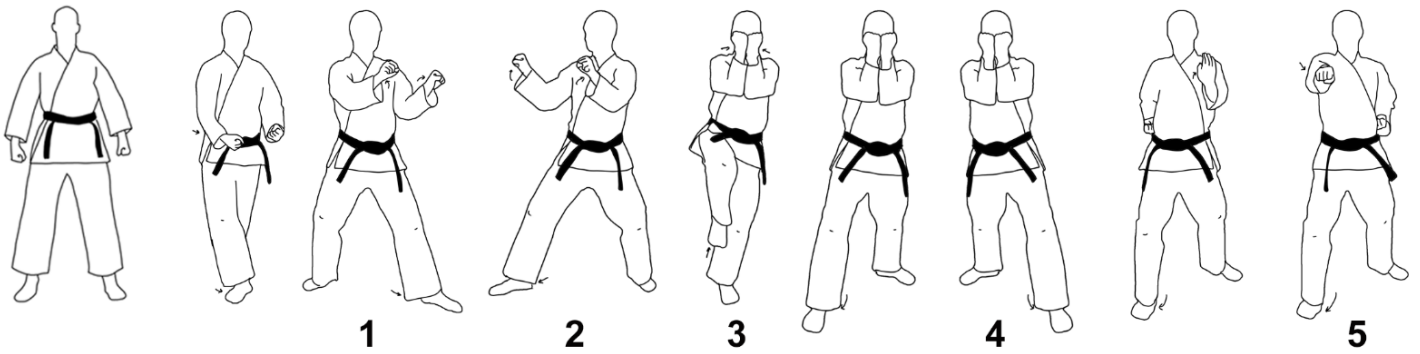
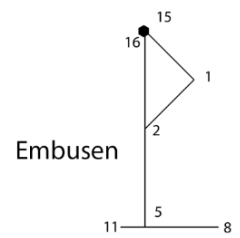


# Wankan

(King's Crown)



# Wankan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	chudan ryoken-kakiwake-uke (tadzuna-kamae)	middle-level both fists wedge block (bridle posture)	kokutsu-dachi	back stance	Variant: cat stance
2	migi shaho sashi-ashi / chudan ryoken-kakiwake-uke (tadzuna-kamae)	right head turning crossing / middle-level both fists wedge block (bridle posture)	kokutsu-dachi	back stance	Variant: cat stance
3	muso-uke (hasami-uke / hiza-gamae)	incomparable block (forearms together scissors block / knee lift posture)	ashi-dachi	one foot stance	
4	migi sashi-ashi & hasami-uke / hidari sashi-ashi & hasami-uke / hidari chudan gyaku tate shuto-uke	stepping forward in scissors block form twice / left reverse vertical knife hand block	--	--	
5	migi chudan jun-zuki / hidari chudan gyaku-zuki	right middle-level front-punch / left middle-level reverse punch	zenkutsu-dachi	front stance	
6	koko hiza-kuzushi	scooping block & drive down knee takedown	neko-ashi-dachi	cat stance	
7	hidari chudan gyaku tate shuto-uke	left middle-level gyaku vertical knife-hand block	zenkutsu-dachi	front stance	
8	migi chudan jun-zuki / hidari chudan gyaku-zuki	right middle-level front-punch / left middle-level reverse punch	zenkutsu-dachi	front stance	
9	koko hiza-kuzushi	scooping block & drive down knee takedown	neko-ashi-dachi	cat stance	
10	hidari chudan gyaku tate shuto-uke	left middle-level reverse vertical knife-hand block	zenkutsu-dachi	front stance	
11	migi chudan jun-zuki / hidari chudan gyaku-zuki	right middle-level front-punch / left middle-level reverse punch	zenkutsu-dachi	front stance	
12	migi tettsui-uchi	right inside hammer-fist strike	kiba-dachi	horse-riding stance	
13	hidari mae-geri / hidari jun-zuki	left front kick / left front-punch	zenkutsu-dachi	front stance	
14	migi mae-geri / migi jun-zuki	right front kick / right front-punch	zenkutsu-dachi	front stance	
15	hidari mae-geri / hidari jun-zuki	left front kick / left front-punch	zenkutsu-dachi	front stance	
16	yama-zuki	wide U-punch to face and midsection	fudo-dachi (sochin dachi)	immovable stance	KIAI
Yame			hachiji-dachi	natural stance	

Stances:

