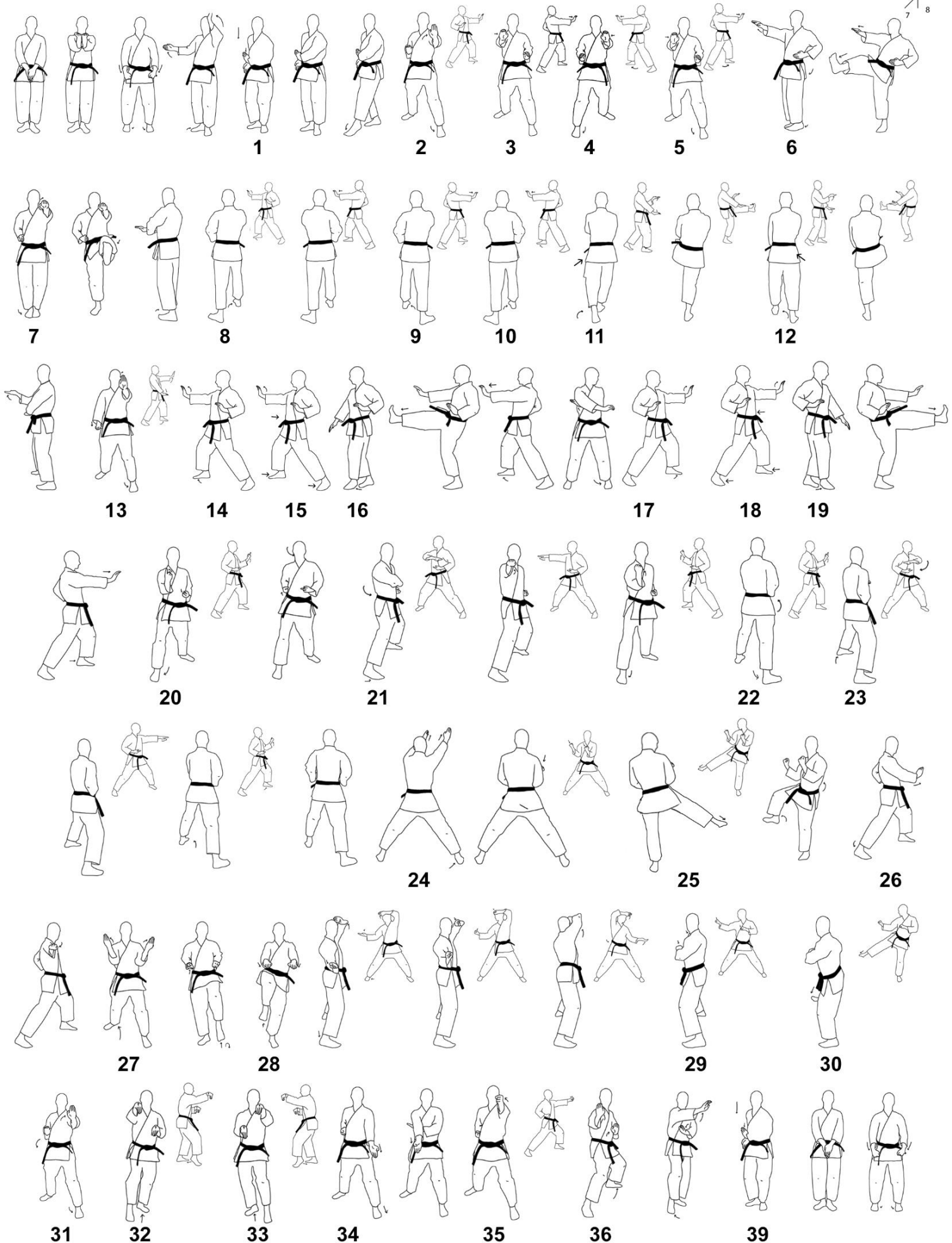


Anan

Embusen
33, 39
17 — 1, 20
12 — 11, 25
5
7 8



Anan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			musubi dachi	heels together stance	
1		(stance change)	uchi hachinoji-dachi	Inward natural stance	Hands out palms up then moving heels outward pulling hands in and to the side
2	koko gamae	hands on hips preparation	renoji-dachi	L-stance	
3	hidari kakete-uke chudan / migi shotei uchi chudan	left grabbing-hand block / right palm-heel strike	zenkutsu-dachi*	front stance	Variation: kagi-uke (hooking block) *alt: moto-zenkutsu-dachi instead of zenkutsu-dachi for front stances
4	migi shotei-uchi (taisho) chudan	right palm-heel strike	zenkutsu-dachi	front stance	Variation: slight step to side when moving forward
5	hidari shotei-uchi chudan	left middle-level palm-heel strike	zenkutsu-dachi	front stance	Variation: slight step to side when moving forward
6	migi jodan nukite-uchi / gyaku-hanmi / migi mea-geri	right upper spear-hand strike / 45deg hip twist / right front-kick	moro-ashi-dachi	One foot forward stance	alt: moro-ashi-dachi (one foot forward stance)
7	hidari jodan nukite-uchi / gyaku-hanmi / hidari mea-geri	left upper spear-hand strike / 45deg hip twist / left front-kick	moro-ashi-dachi	One foot forward stance	alt: moro-ashi-dachi (one foot forward stance)
8	migi kakete-uchi chudan / hidari shotei-uchi chudan	right middle-level grabbing-hand block / left middle-level palm-heel strike	zenkutsu-dachi	front stance	Variation: kagi-uke (hooking block)
9	migi shotei-uchi chudan	right middle-level palm-heel strike	zenkutsu-dachi	front stance	Variation: slight step to side when moving forward
10	hidari shotei-uchi chudan	left middle-level palm-heel strike	zenkutsu-dachi	front stance	Variation: slight step to side when moving forward
11	hidari osae-uke chudan, migi osae-uke gedan / hidari mea-geri	right lower pressing hand block, left upwards pressing block / left front-kick	moro-ashi-dachi	One foot forward stance	
12	migi osae-uke chudan, hidari osae-uke gedan / migi mea-geri	right lower pressing hand block, left upwards pressing block / left front-kick	moro-ashi-dachi	One foot forward stance	
13	hidari shotei-uke chudan, migi osae-uke gedan	upper knife hand block, lower pressing hand block	zenkutsu-dachi	front stance	
14	migi kakete-uke chudan	right hand grabbing-hand block	zenkutsu-dachi	front stance	
15	migi kakete-uke chudan	right hand grabbing-hand block	zenkutsu-dachi	front stance	Sliding back
16	migi shuto-uchi gedan / migi kazami mea-geri / hidari shotei-uchi chudan	lower right hand knife hand strike / right front-leg kick / left middle palm-heel strike	kosa-dachi / zenkutsu-dachi	cross-stance / front stance	
17	hidari kakete-uke chudan	right hand grabbing-hand block	zenkutsu-dachi	front stance	
18	hidari kakete-uke chudan	right hand grabbing-hand block	zenkutsu-dachi	front stance	Sliding back
19	hidari shuto-uchi gedan / hidari kazami mea-geri / migi shotei-uchi chudan	lower right hand knife hand strike / right front-leg kick / left middle palm-heel strike	kosa-dachi / zenkutsu-dachi	cross-stance / front stance	
20	hidari ippon ken, migi ippon-ken	left index finger strike, right index finger strike	zenkutsu-dachi	front stance	
21	migi shuto-uchi chudan / migi yoko-uke chudan	right knife-hand strike / right side-block	shiko-dachi / zenkutsu-dachi	square stance / front stance	Pull back front hand to hip. Left hand remains in ippon ken position
22	migi ippon ken, hidari ippon-ken	right index finger strike, left index finger strike	zenkutsu-dachi	front stance	
23	hidari shuto-uchi chudan / hidari yoko-uke chudan	left knife-hand strike / left side-block	shiko-dachi / zenkutsu-dachi	square stance / front stance	Pull back front hand to hip. Right hand remains in ippon ken position
24	morote hiki-otoshi	two handed pull down	shiko-dachi	square stance	
25	migi kansetu-geri	right low side kick			turning on retraction
26	hidari shuto-uke jodan / migi yoko shuto-uch jodan	left upper knife hand block / upper right side knife-hand strike	zenkutsu-dachi	front stance	
27	haito kakiwake-uke	double ridge hand block	zenkutsu-dachi	front stance	stepping back
28	morote nukite-uchi / migi morote koko game / hidari morote koko-game	double spear hand strike / right side both palms grasping block (tiger-mouth block) / left side side both palms grasping block (tiger-mouth block)	kiba-dachi	horse stance	
29	sokumen-uke	side inside block (with support move on other hand)	kiba-dachi	horse-riding stance	
30	migi kansetu-geri	right low side kick			turning on retraction
31	hidari shotei-uke chudan	left palm-heel block	zenkutsu-dachi	front stance	
32	migi koken (kokute) uke	right bent-wrist block	neko-ashi-dachi	cat stance	
33	hidari koken (kokute) uke	left bent-wrist block	neko-ashi-dachi	cat stance	
34	migi nukite-uchi gedan	right downward spear hand strike	zenkutsu-dachi	front stance	
35	hidari tate-zuki chudan	left middle-level vertical punch	zenkutsu-dachi	front stance	
36	migi kakete-uke chudan	left middle-level grabbing-hand block	shiko-dachi	square stance	
37	koko gamae	hands on hips preparation	renoji-dachi	L-stance	
Yame			musubi dachi	heels together stance	

Stances:

