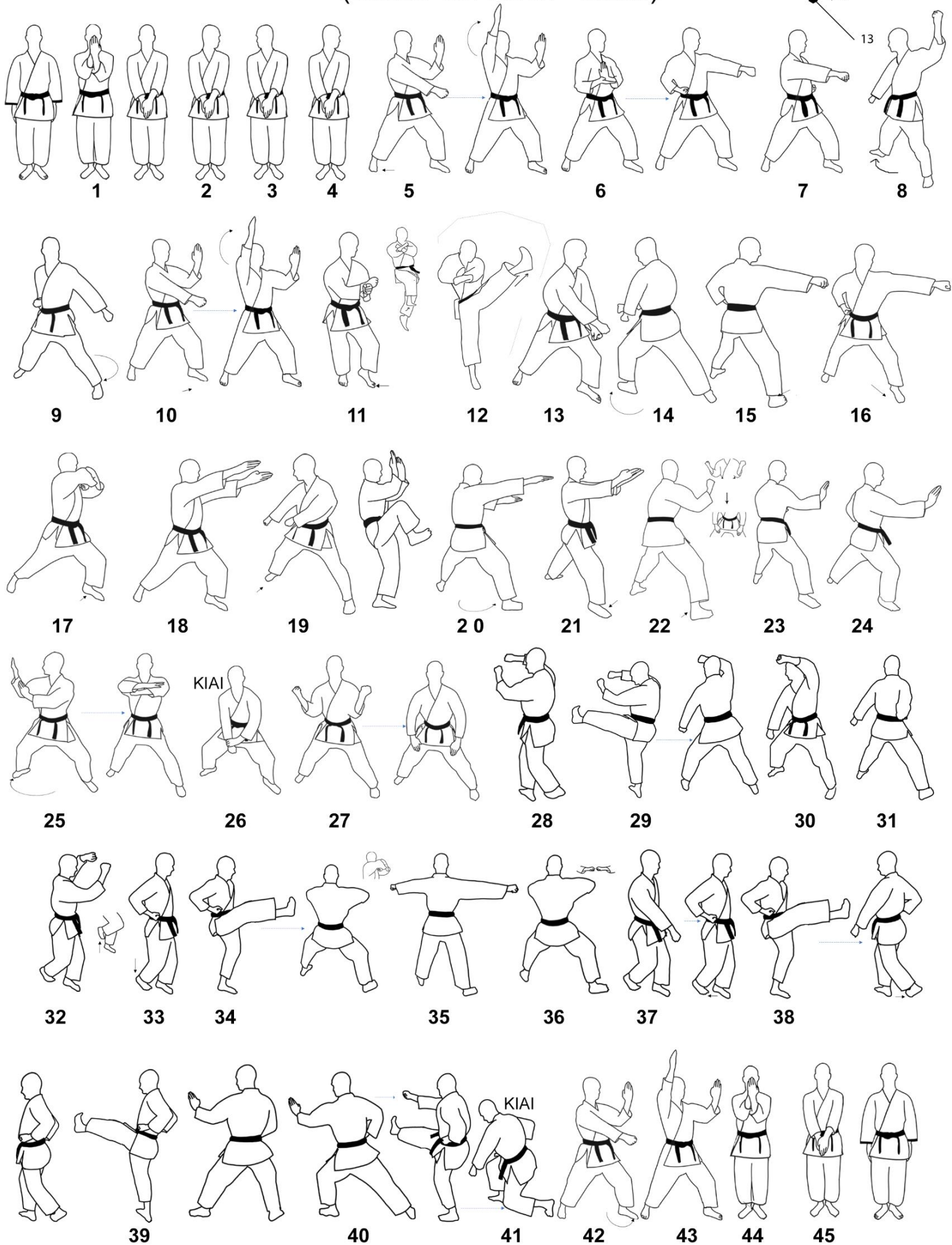


# Gankaku Sho

(Crane On Rock - small)

31  
14, 30, 41  
Embusen  
1, 45



# Gankaku Sho Steps

Step	Technique	Translation	Stance	Stance	Comment
1 (Yoi)	riken-gasho	Right fist in left palm	musubi-dachi	feet together stance	right hand in fist, left hand open
2	hidari o mitekudasai	'look left'	musubi-dachi	feet together stance	hands move lower
3	migi ni mite	'look right'	musubi-dachi	feet together stance	
4	hidari o mitekudasai	'look left'	musubi-dachi	feet together stance	
5	haishu-uke/migi gedan tate-zuki	backhand block / lower vertical punch	zenkutsu-dachi	front stance	
6	kaishu juji-tori	open hand x-grasp	zenkutsu-dachi	front stance	
7	gyaku te-dori/ chudan jun-zuki/ gyaku-zuki	grasp pull back /forward punch/ reverse punch	zenkutsu-dachi	front stance	
8	manji-uke	inside block / down block (swirling block)	kokutsu-dachi	back stance	
9	hidari sokumen gedan-barai	left lower block to side	kiba-dachi	horse stance	
10	hidari haishu-uke/migi gedan tate-zuki	left backhand block / right lower vertical punch	zenkutsu-dachi	front stance	
11	kaishu juji-tori	open hand x-grasp	zenkutsu-dachi	front stance	
12	hiki-yosa-gamae/ nidan-geri	pull back to chest / knee leading jumping kick	tora dachi	tiger stance	
13	juji uke-zuki	x block	zenkutsu-dachi	front stance	
14	juji uke-zuki	x block	zenkutsu-dachi	front stance	
15	migi chudan jun-zuki	right middle-level front punch	fudo-dachi	rooted stance	
16	hidari chudan oi-zuki	left middle-level lunge punch	fudo-dachi	rooted stance	
17	migi jodan mae-empi	right upper elbow strike	zenkutsu-dachi	front stance	
18	ryowan haito-uke	double hand strike	zenkutsu-dachi	front stance	
19	morote hiki-otoshi	two handed pull down	shiko-dachi	square stance	
20	jo-chu awase-uke / jodan soto shuto-uchi	upper level outside knife hand strike/ upwards palm block	shiko-dachi	square stance	
21	jodan awase shuto-uchi	upper level two handed strike	zenkutsu-dachi	front stance	
22	ryowan uchi-uke	double inside block	kiba-dachi	horse stance	
23	kensei hirate komata-uchi/ migi chudan shuto-gamae	inner thigh slap feint / right knife hand block	kokutsu-dachi	back stance	
24	migi chudan shuto-gamae	right middle-level grasping hand push	zenkutsu-dachi	front stance	
25	hineri-kaeshi	reinforced open hand high level pullback	kiba-dachi	horse stance	
26	migi hirate otoshi-uchi/otoshi-zuki	right downward block & strike	kiba-dachi / shiko-dachi	horse stance / square-stance	KIAI
27	ryowan uchi-uke	double inside block	kiba-dachi	horse stance	
28	kensei hirate komata-uchi / jodan uchi-ude kaeshi-uke	inner thigh slap feint/ upper level inside reverse block	hiza-kakushi kosa-dachi	hidden knee stance	
29	hidari mae-geri/ muso-game (age-uke & gedan-uke)	left front snapping kick / incomparable posture (right rising block / left down block )	fudo-dachi	rooted stance	
30	muso-game (age-uke & gedan-uke)	incomparable posture (left rising block / right down block )	fudo-dachi	rooted stance	
31	hidari sokumen gedan-barai	left sideways downward block	kiba-dachi	horse stance	
32	jodan uchi-ude kaeshi-uke	upper level inside reverse block	hiza-kakushi kosa-dachi	hidden knee stance	
33	kensei yuka-geri/ryogoshi-gamae	foot stamp distraction & pull back	hiza-kakushi kosa-dachi	hidden knee stance	
34	migi mae-geri / migi mae empi-uchi	right front snapping kick/ right front elbow strike	kiba-dachi	horse stance	Variant: shiko dachi
35	sokumen doji-tsuki	double punch to sides	hachiji dachi	natural stance	
36	hasami-zuki	scissor punch	shiko-dachi	square stance	Variant: nakadaka ippon ken
37	migi gedan-barai / ryo goshi-gamae	right downward block / pullback	hiza-kakushi kosa-dachi	hidden knee stance	
38	migi mae-geri / hidari gedan-barai / ryo goshi-gamae	right front snapping kick/ left downward block / pullback	hiza-kakushi kosa-dachi	hidden knee stance	
39	hidari mae-geri / hidari chudan shuto-uke	left front snapping kick/ left knife hand block	kokutsu-dachi	back stance	
40	hidari chudan shuto-gamae	left hand pushing	zenkutsu-dachi	front stance	
41	migi mae-geri & migi jodan jun-zuki / hidari otoshi-zuki	right front snapping kick & right lunge punch / left downward strike	hiza-dachi	half-kneeling stance	KIAI
42	hidari haishu-uke/migi gedan tate-zuki	left backhand block / right lower vertical punch	zenkutsu-dachi	front stance	
43	kaishu juji-tori	open hand x-grasp	zenkutsu-dachi	front stance	
44	roken-gasho	hands in front of chin	musubi-dachi	feet together stance	
45		lower hands	musubi-dachi	feet together stance	
Yame			hachiji dachi	natural stance	

Stances:

